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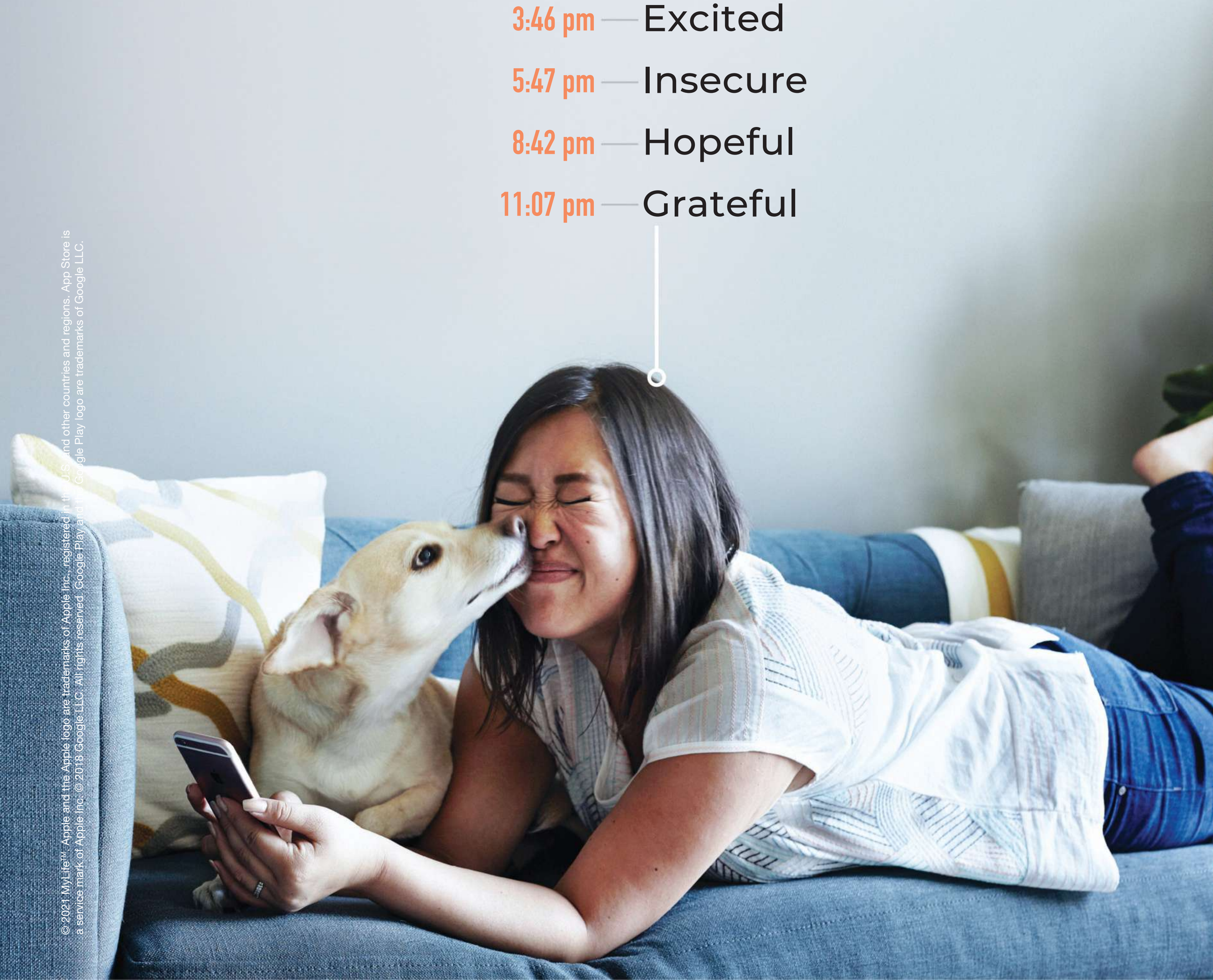

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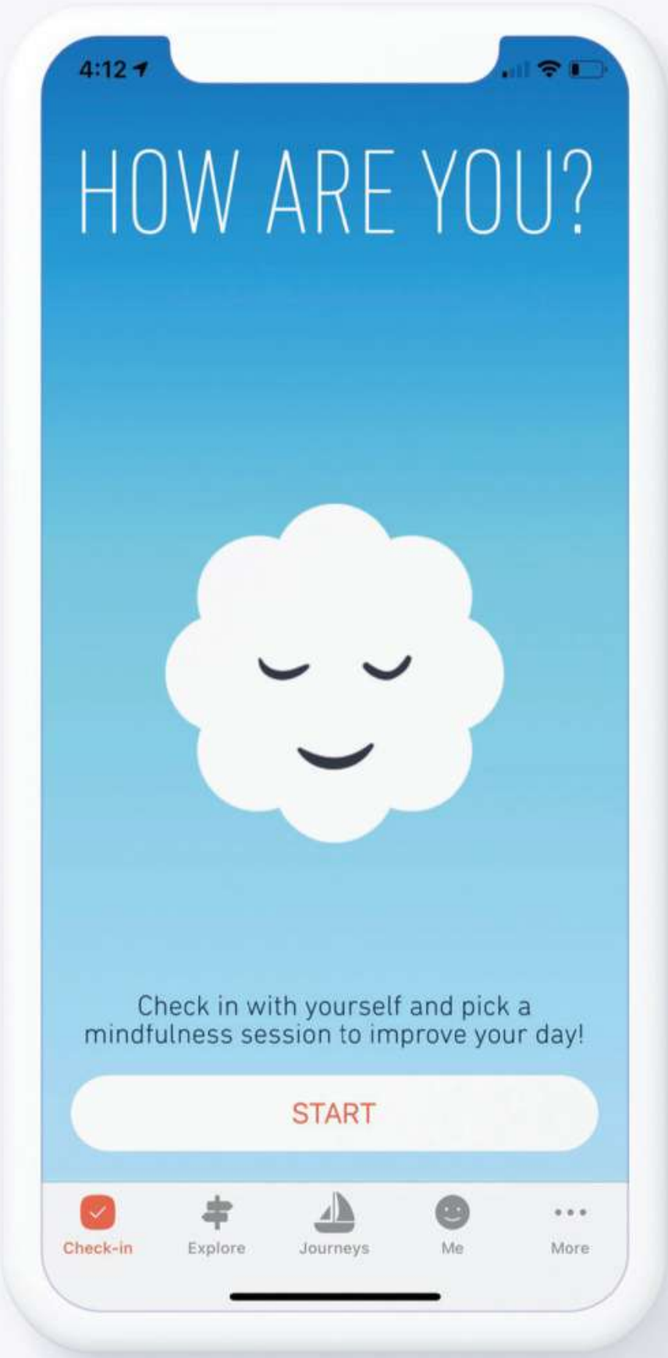

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my life

Martha's April

GENTLE REMINDERS, HELPFUL TIPS, AND IMPORTANT DATES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 APRIL FOOLS' DAY Decorate Easter eggs (see page 74) *Cardio and core*	**2** Nephew Carter's birthday Make Easter baskets for Jude and Truman *Weight training*	**3** Bake and decorate Easter cookies
4 EASTER PASSOVER ENDS AT SUNDOWN Brunch with family	**5** Start tomato seeds *Weight training*	**6** Mix up and freeze citrus sorbets (see page 88) *Yoga*	**7** Polish silver pieces	**8** Take photos around the farm for blog *Cardio and core*	**9** Nephew Charlie's and friend Martin Miller's birthdays *Weight training*	**10** Go for a horseback ride
11 Hike with Jude and Truman	**12** Add a layer of compost to vegetable beds *Weight training*	**13** Make slow-roasted-salmon salad with barley and golden beets (see page 84) *Yoga*	**14** Prune Japanese maple trees	**15** TAX DAY Plant peas *Cardio and core*	**16** Wash and store heavy sweaters *Weight training*	**17** Nephew Kirk's birthday
18 Dinner with Alexis, Jude, and Truman	**19** Niece Sophie's birthday *Weight training*	**20** Cut daffodils for arrangements *Yoga*	**21** Harvest asparagus and make creamy asparagus soup (see page 15)	**22** EARTH DAY Sow lettuce, spinach, and Swiss-chard seeds *Cardio and core*	**23** Niece Kristina's birthday *Weight training*	**24** Go for a walk with Jude and Truman to look for nesting birds
25 Go for a long walk with dogs	**26** Plant lily bulbs *Weight training*	**27** Plant perennial seedlings in flower garden *Yoga*	**28** Clean gutters	**29** New York Botanical Garden's Antique Garden Furniture Fair virtual preview party *Cardio and core*	**30** NATIONAL ARBOR DAY Plant more trees! *Weight training*	

| MARTHA'S ADVICE |

Make Them Last

Before you arrange daffodils with other blooms, condition them to remove the calcium oxalate in their sap, which can shorten the life of the other blossoms in the vase. Place cut stems in a container of tepid water, and change the water every few minutes until the thick sap no longer appears. Now they're ready to mingle.

CHRISTOPHER BAKER

Note: Event dates listed are as of press time.

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APRIL 2021

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| ON THE COVER |
SPRING AWAKENING Peonies, pink columbines, Johnny jump-ups, and purple alliums reach for the sun in Martha's Bedford flower garden. To see it in full, turn to page 68. Photograph by Ngoc Minh Ngo.

Out & About

WHERE TO GO, WHAT TO SEE, AND HOW TO INVIGORATE YOUR SPRING

| ON THE ROAD |

CABIN COOL

Feeling a little cooped up? Spread your wings at a retreat with freestanding quarters. In the Scandinavian–inspired Lushna suites at **Eastwind Hotel & Bar,** in Windham, New York, A-frame windows invite the Catskills in, and a deck, a firepit, and hammocks outfit the outdoors (shown; *eastwindny.com*). Here, three more getaways with plenty of breathing space.

SPARTANBURG, S.C.

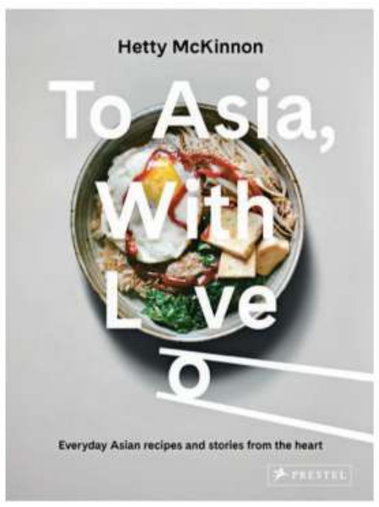
Book the 1947 MackRail caboose at Clevedale Historic Inn and Gardens for a trip back in time: It's been converted into a wood-paneled queen suite with a sitting area and a curtained bay window. *clevedaleinn.com*

RIDGEDALE, MO.

If a certain TV show piqued your interest in the Ozark Mountains, escape to Big Cedar Lodge, where log cabins with wood-burning fireplaces ring Table Rock Lake—a national bass-fishing hot spot. *bigcedar.com*

MORRIS, CONN.

Wake up in a faux lighthouse or greenhouse, or even a tree house, at Winvian Farm, where each of 19 luxe cottages (complete with steam showers and in-room, farm-to-table breakfast) has a distinct theme. *winvian.com*



Did I Say That Out Loud?
MIDLIFE INDIGNITIES AND HOW TO SURVIVE THEM
Author of JUST LET ME LIE DOWN
Kristin van Ogtrop
A Summer Place
Living By the Sea

| ON OUR BOOKSHELF |

When Hetty McKinnon was growing up in Australia, her Chinese mother always had a pot of congee simmering on the stove, and no fewer than three freezers full of dumplings. Sound like heaven? Check out ***To Asia, With Love*** (Prestel); it serves up those treasured recipes and new ones, like cacio-e-pepe udon noodles. One pearl of wisdom in veteran magazine editor Kristin van Ogtrop's ultrarelatable memoir, ***Did I Say That Out Loud?*** (Little, Brown), is our unofficial 2021 motto: "Let's just be happy to be here." She bobs through midlife's low points—swallowing a mysterious object and getting emergency surgery (check your salads, folks); leaving her job and losing a beloved black Lab—and comes up for air laughing. For a trip to the shore no matter where you live, flip through ***A Summer Place*** (Rizzoli). Stylist, author, and *Living* contributor Tricia Foley shares 23 homes in her village of Bellport-Brookhaven, on Long Island, that are as breezy and chic as a great pair of white jeans.

| WHY NOT? |

Hug a Tree

To honor Arbor Day on April 30, get (and give) back to nature.

Take a Hike
Redwoods, sequoias, and Joshua trees are so iconic, they have national parks on the West Coast named after them. Visit one, and the admissions fee will bolster its conservation efforts—crucial in the aftermath of last year's wildfires.

—

Gift Some Green
Donate to the reforestation nonprofit One Tree Planted (a dollar roots a specimen in an at-risk region), or shop businesses that share proceeds with parks, like Pendleton and Good & Well Supply Company.

—

Grab a Shovel
Scout volunteer replanting initiatives in your neck of the woods. Orgs like Tree People in Beverly Hills, California, and Trees New York in NYC are replenishing these areas' urban canopies, which helps cut down energy usage.

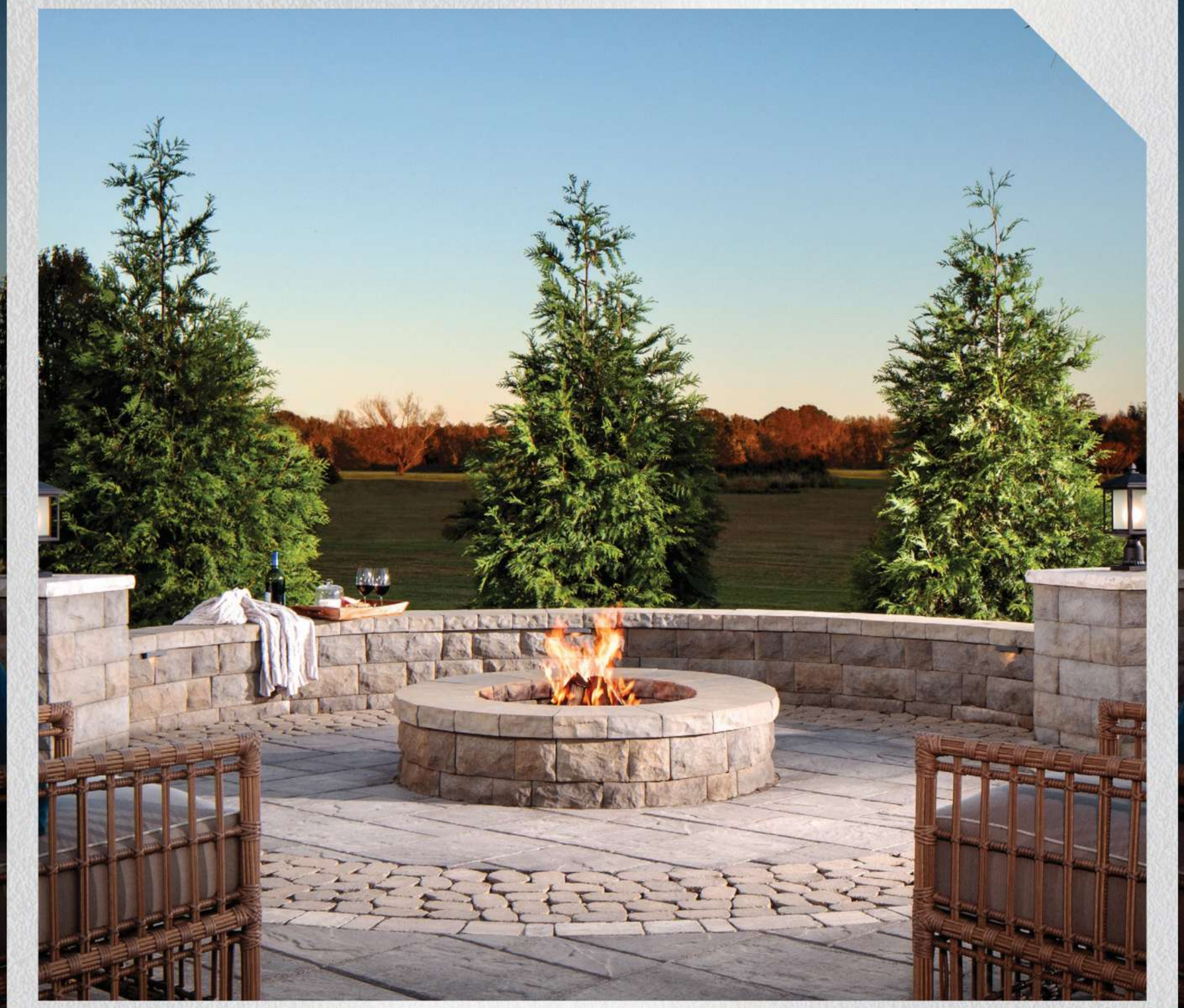
—

Bring It Home
To find a sapling fit for your zone, soil, and sun exposure, plug your zip code into the Tree Wizard at *arborday.org*. Then go to *marthastewart.com/treeguide* for Martha's growing advice.

LAWRENCE BRAUN (CABIN); COURTESY OF PUBLISHERS (BOOKS)

Room For Days,

and nights, weekends, and getting cozy.



BR-21
Cozy Night

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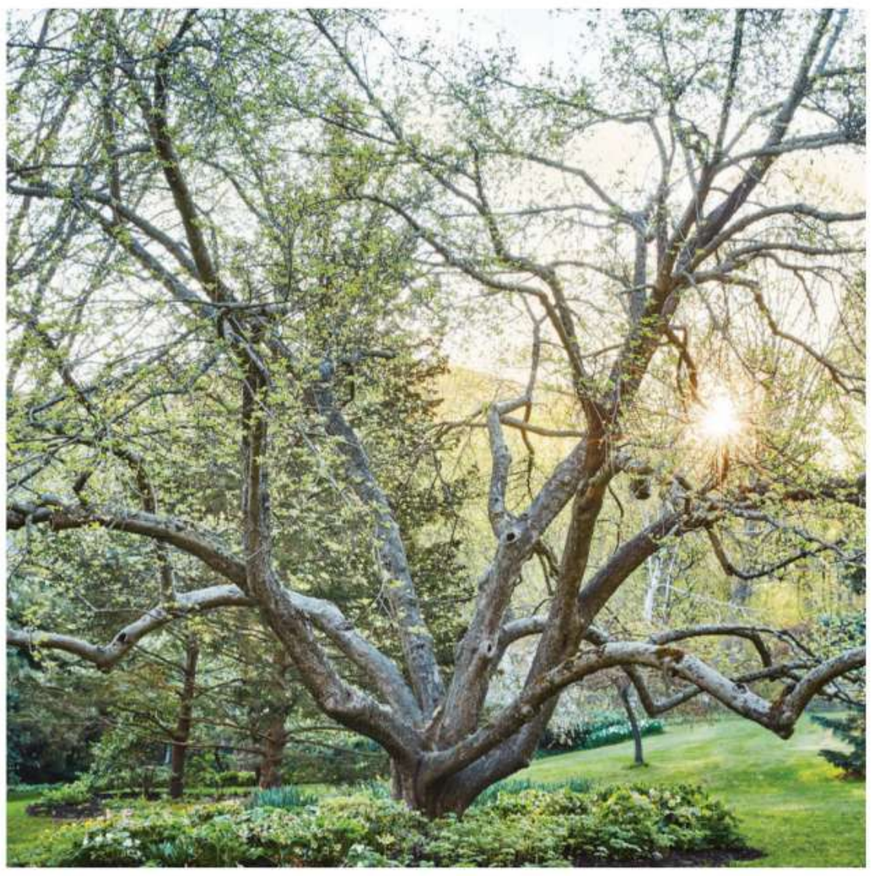
ON THE WEB

MarthaStewart.com

DAILY INSPIRATION AT YOUR FINGERTIPS

ALL THE KNOW-HOW YOU NEED TO SPRING AHEAD



Gardening Tips

marthastewart.com/gardening

Easter Ideas

marthastewart.com/eastereggs

Passover Recipes

marthastewart.com/passover

Organizing Solutions

marthastewart.com/springcleaning

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NGOC MINH NGO (GARDEN); JOHNNY MILLER (EGGS); STEPHEN KENT JOHNSON (PASSOVER); SIDNEY BENSIMON (ORGANIZING)

Breeze Ways

AS APRIL MEANDERS IN, I have never been more ready for it. I always try to embrace the season we're in—playing in the snow with my son in January (as you can't do that in June), and jumping in the water in June (as you can't in January). But this year I simply crave fresh air and getting outdoors like nothing else. Just one step outside and a few deep inhales and exhales dissolve that cooped-up feeling for me instantly. And as the days get longer and warmer, it will just be that much easier to do.

I hope this April issue hits you like a breath of fresh air, too, offering energizing recipes to reinvigorate your everyday cooking, fun suggestions for celebrating Easter, and smart ideas for making your home a happy, healthy, and comforting (not cooped-up!) place. It's also our annual cleaner-and-greener issue, full of strategies for living more sustainably. Whether you're refreshing a room in your house or planting the season's first seeds (step inside Martha's flower garden for tips, starting on page 68), you'll find inspiring ways to take care of the earth and breathe easier. With that, I wish you a wonderful spring, and I'll see you out there!

Elizabeth Graves, Editor in Chief

Let's keep in touch!
Email me at *elizabeth@marthastewart.com*
Follow me on @ebgraves

For all subscription inquiries, call 800-999-6518.

| *LIVING* IN MY LIFE |
Here, just a handful of our ideas that I'm excited about this month.

1

"Green Up Your Life" is an illuminating room-by-room guide to lightening your home's impact on the environment. Page 25.

2

Covid put focus on our lungs. We explore caring for them, and how deep breathing can help our energy and stress levels. Page 38.

3

In "Salad Days," senior food editor Lauryn Tyrell tosses up divine ideas for spring-forward meals any day of the week. Page 80.

4

I heart these. Contributing editor Silke Stoddard crafts page after page of stunning Easter eggs, inspired by classic Japanese techniques like *sashiko*. Page 74.

5

"Sweet on Citrus" serves up treats with such a warm, sunny, and delicious disposition. Just try to eat one and stay in a bad mood, I dare you! Page 88.

ANICE HOACHLANDER (HOUSE); MAURICIO ALEJO (LUNGS); GENTL AND HYERS (SALAD); NGOC MINH NGO (EGGS); PAOLA + MURRAY (CITRUS CAKE)

PORTRAIT BY LIZ BANFIELD

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From MARTHA

TEACH AND INSPIRE

A TASTE OF SPRING

Every April, Martha gets busy harvesting the asparagus she grows on her farm and enjoying it in a range of delicious dishes. She shares three new recipes that celebrate the vegetable's flavor and versatility.

LIGHT AND LOVELY
This flavorful puréed-asparagus soup has a vegetable-stock base and gets its subtle sweetness from leeks and shallot. Martha swirls a dollop of crème fraîche into each bowl right before serving.

PHOTOGRAPHS BY NGOC MINH NGO

PURE AND SIMPLE
To clean the stalks, Martha runs them under cool water and pats them dry with a cloth. Below, a steamed bunch with Hollandaise sauce.

When I started the vegetable garden in Westport, Connecticut, at Turkey Hill, the first things I planted were berries, rhubarb, and asparagus. Each of these perennial garden favorites takes two to three years to mature and produce, so it was imperative to plant them right away. Produce they did, and I was convinced that every garden, large or small, should make room for these wonderful plants.

Today, my asparagus garden in Bedford is quite large and very productive. Four long rows start sprouting green and purple stalks in April, and continue through most of May.

Steamed, boiled, grilled, roasted—asparagus can be used in so many ways. Sometimes I just eat a giant mound of the fat green spears with Hollandaise for dinner. If I forget to pick them for a few days and they sprout up too tall, I use the top eight inches and tips as my vegetable, and the long stalks for a soup. I try never to waste any of this precious vegetable, which is low in calories and very rich in vitamins and minerals, like vitamin K (important for strong bones) and folate (for DNA and red-blood-cell development).

Sarah Carey, our editorial director of food, and I spent a day cooking up recipes for this column, and these were our favorites to share. Each is simple and flavorful. Keep in mind that the asparagus should be impeccably fresh and the spears approximately the same size, and that they should be cooked just enough that the entire stalk is of the same tenderness. Please do not overcook them! When serving spears whole, cut them all to the same length. If the stems are more than ⅝ inch thick, pare off two to three inches of the bottom skin with a vegetable peeler. The asparagus will be as beautiful to look at as it is delicious to eat.

MAKEUP BY DAISY TOYE

Creamy Asparagus Soup

A high-powered blender should create a smooth texture, but you can pass the soup through a sieve to remove any fibers.

- **4 tablespoons unsalted butter**
- **2 cups thinly sliced leeks, white and light-green parts only, well washed and patted dry (from 2)**
- **¾ cup thinly sliced shallot**
- **Kosher salt and freshly ground pepper**
- **1 pound asparagus, trimmed and cut into 1-inch pieces (about 2 cups)**
- **3 to 4 cups vegetable broth (homemade or low-sodium store-bought; for our recipe, see page 95)**
- **Crème fraîche, for serving**

1. In a medium saucepan, melt butter over medium heat. Add leeks and shallot; season with salt and pepper. Cook, stirring, until translucent, about 5 minutes. Add asparagus and 3 cups broth; bring to a boil, then reduce heat and simmer, partially covered, until asparagus is very tender, 12 to 15 minutes. Let cool 5 minutes.

2. Working in batches (don't fill it more than halfway), purée asparagus in a blender until very smooth, 1 to 2 minutes a batch, thinning with more broth if necessary. Transfer to cleaned pan, and heat until steaming. Whisk crème fraîche with a little water until it has the consistency of heavy cream. Spoon some on top of each serving, swirling with a toothpick, if desired.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 35 MIN.
SERVES: 4

RICH AND PRETTY You can serve smaller portions of this creamy pasta as a first course, or make it a luxurious main dish.

Asparagus With Blender Hollandaise

- **1½ sticks unsalted butter**
- **2 large egg yolks, room temperature**
- **2 teaspoons fresh lemon juice, plus more to taste**
- **Pinch of cayenne pepper**
- **Kosher salt and freshly ground pepper**
- **1 pound jumbo asparagus, trimmed, bottom halves peeled**

1. Melt butter in a small saucepan over medium heat; let cool about 5 minutes. Put egg yolks in a blender. With motor running, gradually add butter. Add lemon juice and cayenne; season with salt and pepper. (Sauce should be thick but fluid enough to drizzle from a spoon, and should form a pool, not a mound. If too thick, thin with warm water.) Season to taste with lemon juice, salt, and pepper. Sauce is best used immediately, but can be stored in a thermos about 30 minutes.

2. Meanwhile, bring 1 inch salted water to a boil in a large straight-sided skillet. Add asparagus, in batches if needed to avoid crowding. Cook until crisp-tender, 3 to 4 minutes; drain. Serve warm or room temperature, with sauce.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 20 MIN.
SERVES: 4

Pasta Alfredo With Lemon and Asparagus

- **3 large egg yolks**
- **1 cup heavy cream**
- **2 ounces Parmigiano-Reggiano, finely grated (1¼ cups), plus more for serving**
- **1 teaspoon finely grated lemon zest, plus more for serving (optional), and 1 tablespoon fresh juice**
- **Kosher salt and freshly ground pepper**
- **12 ounces linguine**
- **1 pound asparagus, trimmed and cut on the diagonal into 1-inch pieces (about 2 cups)**

1. In a bowl, whisk together egg yolks, cream, cheese, lemon zest, ½ teaspoon salt, and ⅛ teaspoon pepper to combine.

2. In a large pot of boiling salted water, cook pasta 2 minutes less than per package instructions. Add asparagus; cook until bright green and tender, about 2 minutes more. Reserve ½ cup pasta water; drain. Return pasta and asparagus to pot along with egg mixture. Toss until well combined, adding a few tablespoons of pasta water at a time until sauce coats pasta.

3. Add lemon juice; season to taste. Serve immediately, with more cheese, pepper, and lemon zest.

ACTIVE/TOTAL TIME: 35 MIN. | **SERVES:** 4

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Good THINGS

FRESH IDEAS TO ELEVATE THE EVERYDAY

| CELEBRATE |

Flecks of Fun

Get ready to rock this Easter with a chic new egg-decorating technique: faux-terrazzo. Craft flakes let you copy the stylish stone's look with ease. Brush one side of a wooden, ceramic, blown-out, or hard-cooked egg (just note it's not for eating) with matte adhesive. Then sprinkle on a mix of black, gray, and one bright color, rubbing the pieces in between your fingers to make smaller bits. Let dry, then do the other side. Everyone who spots the results will be floored. For sources, see page 101.

TEXT BY LISA BUTTERWORTH

PHOTOGRAPHS BY PAOLA + MURRAY

GREENER GRASS
Living style editor at large Naomi deMañana stuffed these baskets with D. Blümchen & Company German Ostergras paper shreds. They're eco-friendly, extra-thin, food-safe, and available in 12 pretty colors ($3.50 for 30 g, *blumchen.com*).

| MAKE & GIVE |

All Ears

This sweet basket upgrade—inspired by a vintage design *Living* style assistant Jaclyn DeNardi had growing up—gives any round wicker style a hare's pair. Bend floral wire into two loops, add a center wire, stick the ends into the wicker near the handles, and secure them all with hot glue. Then work matching raffia ribbon over, under, and around the wires, from bottom to top. Poke taupe and coral raffia ribbon through the front to "stitch" on sleepy eyes and a scrunchy nose—a face so cute, it'll make any recipient be-*weave* in the Easter rabbit. For the how-to and sources, see page 101.

CHOC FULL

Kids will hop to the table when you tell them their milk's inside a hollow chocolate bunny. We learned this lesson from paper-flower artist Tiffanie Turner (find her on Instagram: *@tiffanieturner*), who fills up her littles' treats after their first bites. Or heat the tip of a spoon handle over a stove burner, and use it to melt a small opening at the top. Let cool, funnel some milk inside, and pop in a paper straw. Sippity, hoppity.

Quick Change

It's a DIY trick worthy of David Blaine himself: New hardware is all it takes to levitate—er, elevate—a piece of furniture. Consider the IKEA Besta cabinet below. Outfitted with slender matte-black legs and textural caned doors from Norse Interiors—*ta da!*—it looks like a million bucks. To update more items, head to *Living* home editor Lorna Aragon's other go-to websites (see Presto Pieces, right), and pull some magical accents out of a hat.

THE DETAILS: IKEA Besta TV unit, *in White, $109, ikea.com.* **Norse Interiors Cane triple doors,** *in Medium White Lace, $480;* **Sara legs,** *in Black (at ends), $30 each;* **Ilse legs,** *in Black (in center), $25 each; and* **Marlen knobs,** *in Black, $10 each, available at norseinteriors.com.*

COURTESY OF MANUFACTURERS (LIVING ROOM, PRETTYPEGS); PETER ARDITO (CIRCA FURNITURE, MANZONI HARDWARE, LEWS HARDWARE)

Presto Pieces

To customize or refresh any desk, dresser, sideboard, or sofa, screw in new fixtures. Here are four places to find legs, knobs, and more.

PRETTYPEGS.COM
Elsie Adjust aluminum furniture leg, *in Black With Leather Sock, $21.*

TABLELEGS.COM
Circa round furniture foot, *4", in Maple With Satin Brass Tip, $18.*

MYKNOBS.COM
Manzoni Hardware Designer Wood Groovy Designer wood pull, *6⅝" center, in Walnut, $19.*

BUILD.COM
Lews Hardware round bar-cabinet knob, *2", in Brushed Brass, $6.25.*

Bowled Over

Here's a quick and easy new way to warm up in the morning: Use leftover cooked grains like brown rice, quinoa, and bulgur wheat (or a big batch made over the weekend) as the base for a delicious breakfast. Simmer them with milk or a milk alternative, water, and a pinch of kosher salt until thick and creamy, then pile on sweet or savory toppings. You've got a hearty—and heart-healthy—porridge.

FARRO, BROWN RICE, OR SPELT

Combine 2 cups cooked **grains,** 1 cup **milk** (or milk alternative), 1 cup **water,** and a pinch of **kosher salt** in a pot. Bring to a boil, then reduce heat to medium and simmer, stirring, until creamy, 15 to 18 minutes. Stir in 1 to 2 tablespoons **pure maple syrup** and a generous pinch of **ground cinnamon.** Top with **plain Greek yogurt, fresh berries,** and more maple syrup. Serves 2.

QUINOA OR MILLET

Combine 2 cups cooked **grains,** 1 cup **milk** (or milk alternative), 1 cup **water,** and a pinch of **kosher salt** in a pot. Bring to a boil, then reduce heat to medium and simmer, stirring, until creamy, 10 to 12 minutes. Stir in 1 to 2 tablespoons **pure maple syrup** and a generous pinch of **ground cinnamon.** Top with sliced **banana, cocoa nibs,** and more maple syrup. Serves 2.

BULGUR WHEAT

Combine 2 cups cooked **grains,** 1 cup **milk** (or milk alternative), 1 cup water, and a pinch of **kosher salt** in a pot. Bring to a boil, then reduce heat to medium and simmer, stirring, until creamy, 13 to 15 minutes. Stir in ½ cup grated **cheddar.** Top with a **poached egg,** chopped **fresh cilantro leaves,** and **hot sauce.** Serves 2.

PHOTOGRAPH BY CHRIS SIMPSON; FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY SUZIE MYERS

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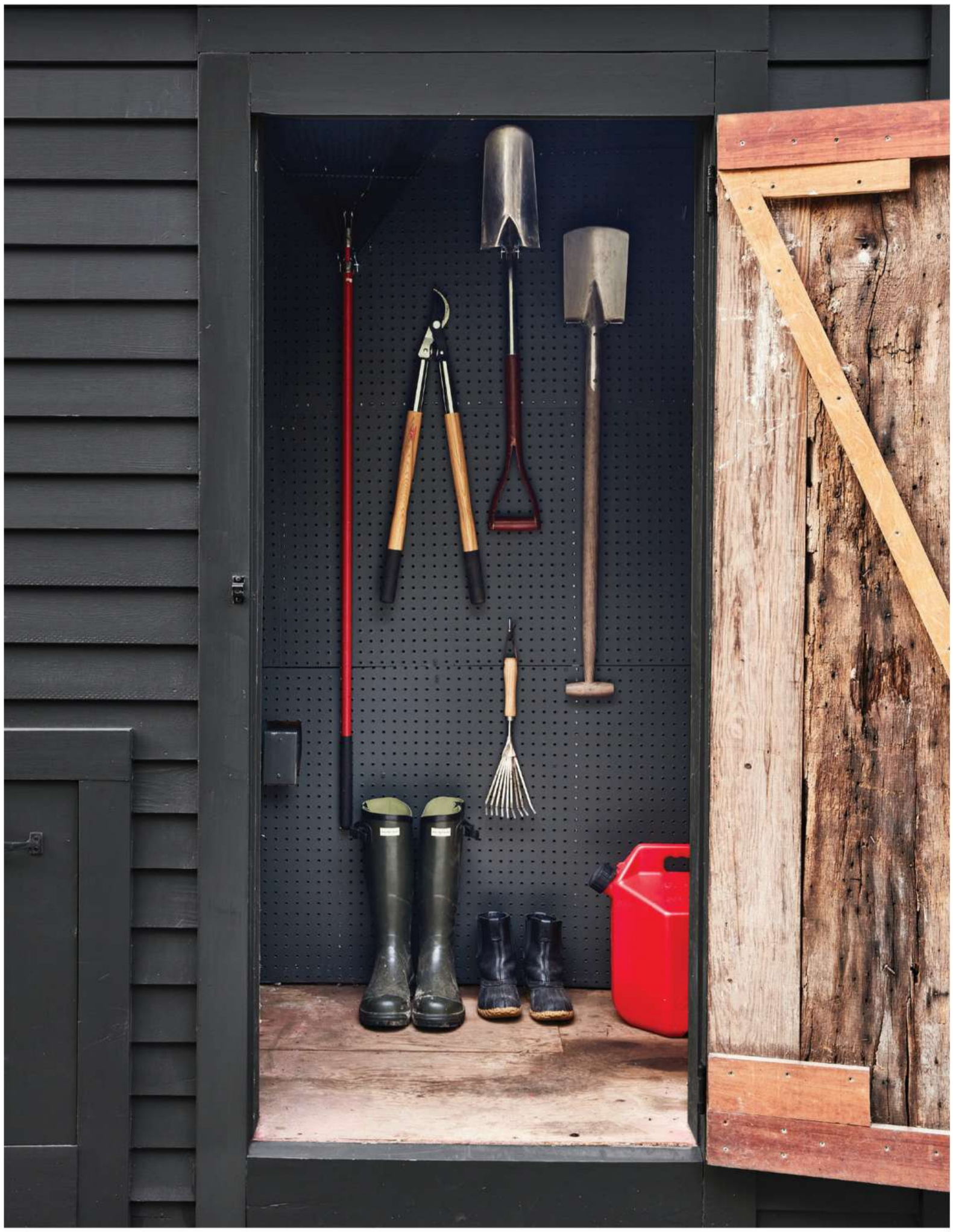
| EDITOR'S PICK |

Pretty Slick

To maintain her MVP tools—loppers, pruners, hori-hori knife, spade—*Living* features and garden editor Melissa Ozawa relies on a Japanese standby: camellia oil. Extracted from the seed of the flowering plant, it lubricates the moving parts and adds a coating that protects metal from rust. "I clean them at the start and end of the growing season, and a few times in between for a little boost. First I wipe them down with rubbing alcohol—especially the pruners and loppers, so I don't transfer any diseases to the next plant. Then I apply a thin layer of the oil and wipe off the excess. I use it on the wooden handles once or twice a year, too, to prevent splitting and splintering," she says.

THE DETAILS: Kurobara 100% Pure Japanese Cutlery Knife Maintenance camellia oil, *$16 for 8.3 oz., amazon.com.*



| CLUTTER CONTROL |

Smart Display

We love a pegboard. "It's the most flexible way to organize different-size gear," says Lorna—from sauté pans to shovels. To make everything you hang look sharp, paint your board to match your walls (or the whole space), as art directors Jon Tutolo and David Krauk did at their home in Connecticut (shown). A contrasting backdrop will also help your gardening essentials pop and be easy to spot and grab.

THE DETAILS: Benjamin Moore paint, *in Deep River (used on home exterior and pegboard), benjaminmoore.com.* **Corona tree saw and pruner,** *14', $93, homedepot.com.* **East Coast Lumber bypass lopper,** *29.5", $30, store.eastcoastlumber.net.* **Alterra Y-handle stainless steel digging spade,** *40.5", $60, homedepot.com.* **Sneeboer hand leaf-and-debris rake,** *$28; and* **lightweight border spade,** *$142, shopterrain.com.*

FRANK FRANCES (SHED); PETER ARDITO (OIL)

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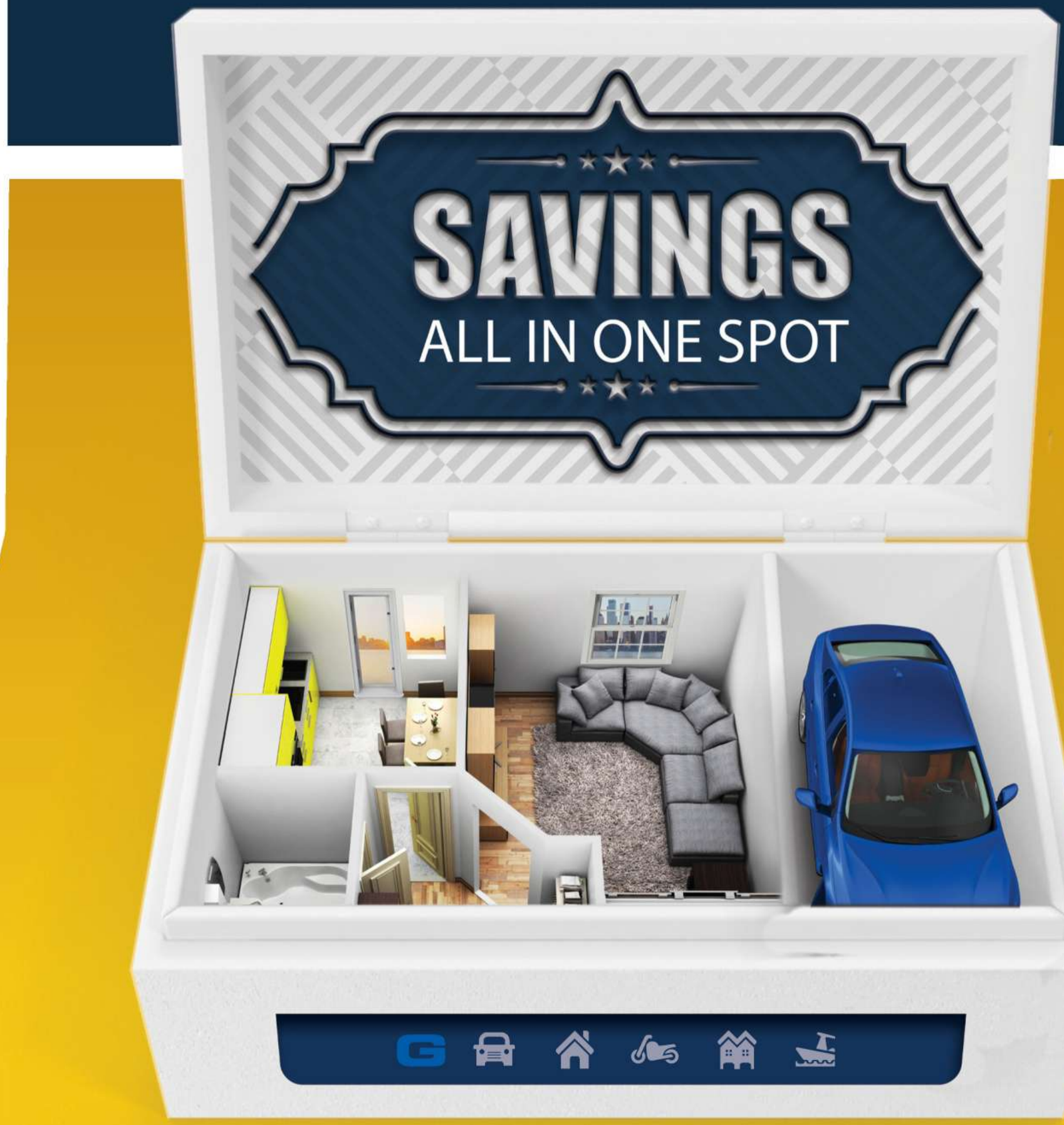

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PANE POINTERS
Windows are the eyes to your home's soul, and the source of many an energy leak: They can account for up to 30 percent of the amount used for heating and cooling. Triple-pane windows are ideal (that's what ultra-low-energy, or passive, houses often have), but installing storm windows is an affordable alternative. "They're like wearing an extra layer in the winter," says Marco Vincent, architectural project manager at Marvin.

Painted cedar shingles and durable Hardie Artisan composite "planks" cover this Virginia home by Moore Architects, PC.

PHOTOGRAPH BY ANICE HOACHLANDER; PROJECT BY MOORE ARCHITECTS, PC

Green Up Your Life

In addition to its foundation, walls, and beams, your home is built on the decisions you make. Some are big ones—replacing the roof or the water heater—while others are smaller, daily choices that arise every time you step in the shower, flick on the lights, or do the laundry. But all of them affect the environment. To help you live lighter and more sustainably, we enlisted the help of experts. From instant and inexpensive upgrades to long-term investments, this room-by-room guide offers eco-friendly ideas with lasting style.

TEXT BY RIMA SUQI

No-VOC paints cut your exposure to toxins like benzene. In this 1897 Massachusetts farmhouse-turned-LEED-home by Green Phoenix Development, the walls are covered in Benjamin Moore Aura paint in White Dove.
Pella Architect Series double-paned, double-glazed windows closely match the 19th-century originals they replaced.
Heart pine salvaged from an old mill was used for the beams and mantel.
Live-sawn solid white-oak floors sport a low-VOC matte polyurethane finish.

The Lighter Living Room

BUY KINDER FURNITURE

Look for the Sustainable Furnishings Council (SFC) seal. Its top-rated makers include Lee Industries, Cisco Home, Gat Creek, and Room & Board; find more picks at *sustainablefurnishings.org*. Also consider well-made vintage items, like Knoll tables and Chesterfield sofas, says SFC ambassador and NYC interior designer John Douglas Eason.

ROLL OUT ECO RUGS

Swap a rubber doormat for sisal or jute. To cover (and insulate) larger areas, lay down a pad made of wool, felt, or plant-based materials (like soybean oil) with Green Label Plus or Greenguard low-chemical-emissions certification. Top it with a 100 percent–wool rug without stain- or waterproofing. For cleaning tips, see *marthastewart.com/rugcleaning*.

POWER DOWN

A surge protector you can turn off with a single switch defangs vampire energy suckers like TVs and audio equipment. No-frills ones cost $20 or less, but for a device you'll want to display, we love Conway Electric's retro-cool designs. They even come in Martha Blue ($199, *conwaygoods.com*).

ADD A BREEZE

Ceiling fans cool people, not rooms, say the experts at Energy Star. So never run one in an empty space. That said, do use your fans year-round. Just swap the direction they spin with the seasons: counterclockwise in the summer and clockwise in the winter. The latter direction produces a gentle updraft, forcing warm air down.

Big Ideas

These tips will help your entire home.

1. REACH FOR THE ENERGY STARS
That is, LED bulbs with that label. They use 70 to 90 percent less electricity than incandescent, and last 10 to 25 times longer. Look for 2,700 to 3,000 kelvins to cast a warm, ambient light. We like Cree bulbs (from $4.50 for 2, *homedepot.com*). To stretch their lives (and lower your bill even more), set them on a dimmer.

2. STOP WATER LEAKS
Act before they wreak havoc. Ask a plumber to install a system like Grohe's Sense Guard in your main water line ($681, *grohe.us*); it monitors the pressure and will shut off the supply and alert you via an app if it senses a change.

3. DO AN ENERGY AUDIT
Hire an expert to find out how much your home wastes. She'll examine it from attic to basement, do a blower-door test for air leaks (among other checks), and review your energy bills. The average cost in the U.S. is $300 to $800; find a pro at *hersindex.com*.

4. GET SERIOUS ABOUT SOLAR
It's an investment, but a smart one, since "panelists" get a 30 percent tax rebate *and* lower bills. Tesla's new Solar Roof tiles even look like regular shingles. First, see if your roof's a fit. The climate and its shape, angle, and age factor in; south-facing ones with a 15- to 40-degree slope work best. For advice, call a North American Board of Certified Energy Practitioners–approved contractor, says solar expert Johnny Weiss.

PHOTOGRAPHS BY GREG PREMRU; PROJECT BY GREEN PHOENIX DEVELOPMENT

The extra-wide range hood in Green Phoenix's Massachusetts reno whisks away even more cooking fumes.
Two induction burners (about twice as efficient as gas, and genius for jobs like boiling water) supplement the Wolf range. Nothing sears like gas, but many pro kitchens use induction for everything else.

A Smarter Kitchen

| GREENER GOODS |

Run your dishwasher daily. An efficient machine can use around three gallons per load, compared with the up to 20 that handwashing can take. German maker Miele has the top-rated Energy Star models (from $1,400, *miele.com*).

Revamp Your Pantry

BULK BINS are an eco shopper's best friend, but many are on hiatus. For now, Anna Marino, owner of the Alexandria, Virginia, zero-waste dry-goods shop Mason & Greens, advises buying the largest size of staples like beans and flour, and decanting them into Weck jars or upcycled empties. And mind the GAP, she says: Glass over Aluminum packaging, Aluminum over Plastic. "Glass is forever recyclable. Aluminum is too, but it may have BPAs. Plastics are full of chemicals, and most can't be recycled."

CONSIDER CABINETRY

When installing a new set, go with wood certified by the Forest Stewardship Council (FSC); the glues that bind compressed wood can off-gas toxins like formaldehyde. **Even better, think local—and opt for open shelves:** "We used reclaimed wood from our property," says Austin, Texas, architect and interior designer Laura Britt, who built her own LEED home. "They do require some dusting, but they took less material than cabinet boxes with doors." **To refresh existing cabinets, replace only the fronts,** says *Living* home editor Lorna Aragon: "You'll get a new look and toss less material." If the boxes are compressed wood, brushing on a clear sealant like AFM Safecoat will help contain VOCs ($22 a qt., *dwellsmart.com*).

...AND COUNTERS

Salvaged stone and wood are the most sustainable, lowest-emitting materials. Restaurant-style stainless steel is basically indestructible. **All-natural stone composites are great, too.** ColorQuartz is shown above, and Britt recommends Dekton, a new composite from the maker of Silestone. It's stain-, scratch-, and heat-resistant and comes in more than 70 colors. She loves how practical it is: "I can take a hot pan out of the oven and set it down right on it; it's that resilient."

WIN $25K

To get help with a kitchen refresh, visit *martha stewart.com/Refresh25k* and enter to win $25,000. For details, see page 102.

TAP A BETTER FAUCET

You may not think you need your sink to talk to Siri, but choose features that help you conserve water. Many brands offer touchless-sensor fixtures that turn off after 10 seconds but also have a manual lever for, say, filling a pasta pot. **Integrated filters are a handy alternative to reaching for bottled water** (it takes at least twice as much water to produce a plastic bottle as it does to fill it). **Go to the Environmental Working Group's Tap Water Database to ID the pollutants in your water and find a filter that removes them** (*ewg.org*). Activated-carbon pitchers or faucet-mounted taps are quick, inexpensive fixes; Elkay's ezH2O Liv bottle-filling station is a convenient upgrade (from $1,440, *elkay.com*).

Low-Impact Laundry

UPGRADE YOUR WASHER

A full-size Energy Star model uses 14 gallons of water a load, versus 20 for a standard machine. Also, pick a front loader. It will hold 30 percent more than a top loader with an agitator, and use less water and energy. Whirlpool's Load & Go dispenser even adds the right amounts of water and detergent automatically.

TRY A NEW KIND OF DRYER

Consider gas-powered models. They're not common in the U.S. (only a quarter of homes have one) but should be: They dry twice as fast as electric, with less static and fewer wrinkles. Ventless heat-pump electric ones, like Bosch's new 500 series, also use far less energy and go anywhere with a 240-volt outlet ($1,399, *homedepot.com*).

AND USE THEM BOTH WISELY

Washers require about the same amount of energy regardless of the size of the load, so fill 'er up, say Energy Star experts. Be sure to use high-efficiency (HE) detergent if you have an HE machine; the regular kind makes too many suds. And to optimize your dryer's heat, put loads in one immediately after the other.

SWITCH TO PLANT-BASED DETERGENT. It's free of chemicals and microbeads that can irritate your skin, damage textiles, and pollute waterways. For everyday use, we like Dropps pods (from $24 for 56 loads, *dropps.com*); for dreamy sheets, The Laundress Le Labo Rose ($45 for 32 loads, *thelaundress.com*) is a worthy splurge.

Check the label before you put soap or lotion on your body (and into our waterways). Avoid formaldehyde, parabens, phthalates, sodium lauryl sulfate/sodium laureth sulfate, and synthetic fragrances.

Clean Up Your Bathroom

TIMELESS TILE

There's a reason design pros adore subway tile: It's clean-looking and versatile, and will never appear dated, says Brooklyn interior designer K.D. Reid. Go to American makers that use local or recycled materials and sustainable manufacturing processes, like Daltile, Heath, Atlas Concorde USA, and Kohler's Made by Ann Sacks collection.

SUSTAINABLE STEAM

Here are two good motives for upgrading to a tankless water heater: You'll always have plenty, and you won't waste energy keeping reserves warm. For households that use 41 gallons or less a day (typically those with up to four members), they can be 34 percent more efficient than conventional.

SAVVY FIXTURES

Look for toilets, faucets, and showerheads with the EPA's WaterSense label. These use 20 percent less water on average than most others—for a family of four, just the toilet can save about 16,000 gallons a year—and, contrary to popular belief, maintain good, strong water pressure. Lorna suggests Kohler's Purist line (from $102, *us.kohler.com*).

THOUGHTFUL TOWELS

Stock cotton ones with the OEKO-Tex Standard 100 seal, for textiles free of harmful substances. The Martha Stewart Collection for Macy's Quick-Dry towels also take less time and energy to launder (from $12 each, *macys.com*).

LEFT: PHOTOGRAPH BY AMY BARTLAM; INTERIOR DESIGN BY NICOLE SALCEDA OF EYE FOR PRETTY. RIGHT: PHOTOGRAPH BY AMY BARTLAM; INTERIOR DESIGN BY ALLISON OCHMANEK BOESCH

A Better Bedroom

MEET A NEW MATTRESS

The latest and greatest have Global Organic Textile Standard (GOTS) certification, or Global Organic Latex Standard (GOLS) certification for organic latex. Britt likes her IntelliBed (from $3,299, *intellibed.com*): "It's super-comfortable, and you can get wool toppers at different densities." Another plus: You don't need to flip most latex mattresses, and you can rotate them less often than innersprings (once or twice a year, as opposed to seasonally), since they bounce back like champs. Otherwise, just spot-clean any stains on the cover.

SCREEN YOUR SHEETS

To know if they're organic and ethically sourced, look for OEKO-Tex Standard 100 (the same as for towels), Global Organic Textile Standard (GOTS), Cradle to Cradle, and/or Fair Trade certification on the label. Red Land cotton is grown in Alabama (from $30 for 2 pillowcases, *redlandcotton.com*). Linen and hemp (except for white hemp, which is chemically bleached) are even stronger and have a smaller environmental impact. Rough Linen (from $36 for 2 pillowcases, *roughlinen.com*) and Area (from $80 for 2 pillowcases, *areahome.com*) are sturdy yet soft options.

COVER THE WINDOWS

Shades or drapes don't just darken your sleep space; they insulate it. Good ones can cut winter heat loss by up to 10 percent, and summer heat gain by up to 33 percent, per the U.S. Department of Energy. Look for styles with the Attachments Energy Rating Council (AERC) seal, which measures energy performance, like Hunter Douglas Duette and Sonnette cellular shades (*hunterdouglas.com*).

L.A. interior designer Allison Ochmanek Boesch used Benjamin Moore's no-VOC, allergy-and-asthma-friendly Natura paint in Moonlight White in this Pacific Palisades, California, home.

The bed is made up with OEKO-Tex Standard 100 certified linen from Parachute.

CULL YOUR CLOSET

To build a timeless core wardrobe, says Jennifer Alfano of eco-fashion blog *The Flair Index,* start with a "radical, no-waste" clean-out: Resell or donate unsentimental items you don't wear, then shop strategically, replacing fast fashion with classic, high-quality pieces. It takes "saintly patience" to find the right black pants, jeans, or sneakers, she says. They're not exciting to buy, but if they make you feel great every time you put them on, they're worth the effort.

Kid Cues

Let these guidelines govern your decisions from the nursery on.

CHECK FINISHES

Make sure cribs and wooden items are coated with a water-based stain or no-VOC paint, says Hallmark Home & Family DIY expert and dad of three Ken Wingard.

BUY CONVERTIBLES

Invest in items that grow up, too. Wingard likes Oxo's Sprout high chair (*$250, oxo.com*). And the Martha Stewart Everyday 4-Foot Home Office transitions from Legos to laptops ($1,105, *shop.californiaclosets.com*).

REST EASY

Babies and toddlers spend even more time than we do in bed. Naturalmat crib mattresses are made of only natural fibers (from $424, *naturalmatusa.com*).

PROMOTION

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Goodall designs new motifs every season—billowy hydrangeas, a twirl of ivy—but sticks to the same 13 colors for her crocheted, fringed, and hemstitched edges. "This way, people can grow a family of matching pieces over time," she says.

THE DETAILS *(from far left)*: **Path of Flowers cocktail napkin,** *$28;* **Anna crochet-edge cocktail napkins,** *$22 each;* **Cluster of Blooms cocktail napkin,** *$32; and* **Olive crochet cocktail napkin,** *$22, hibiscuslinens.com.*

JOIN THE THREAD

To watch a video tutorial with Goodall, hover your smartphone camera here, or visit *marthastewart.com/needlework*.

She's a Natural

HIBISCUS LINENS, *Houston*

At her Catholic grade school in Monterrey, Mexico, Mariana Barran Goodall learned to stitch by the time she could spell. Soon after, she started helping the seamstresses at her mother's dance studio embellish tutus with delicate medallions and beads. "I found joy in my ability to refresh something basic by hand," Goodall recalls. Working in human resources in Houston years later, she grabbed her needles again, embroidering blankets and powder-room towels as gifts for friends and colleagues. Their awestruck reactions—"You *made* this?"—inspired her to launch a line of "grown-up but more modern than your grandma's" textiles in 2015. Today, she teaches virtual classes, too. "I focus on greenery and florals, so there's no need for perfection," she says. "I tell my students if one leaf is longer than another, there's plenty of wiggle room for it to still look pretty." Now that's a beautiful lesson. —*Erica Sloan*

PROP STYLING BY SUZIE MYERS; FOOD STYLING BY GREG LOFTS AND RILEY WOFFORD

PHOTOGRAPH BY RYAN LIEBE

The Dirt on Soil

It is the life force of any landscape. It grounds and nourishes plants, and fends off pests and disease. Before you plunge seed or sapling into your soil, consider its health. To get—and keep—yours in top condition, we asked Elaine Ingham, Ph.D., a global expert and founder of the Soil Food Web School, for the scoop.

TEXT BY JOHANNA SILVER

WHAT IS SOIL?

"Most people confuse it with dirt, but they're different things entirely," says Ingham, a soil microbiologist in Corvallis, Oregon. Dirt is basically made of broken-down rocks, while "soil is very much a living thing"—an ecosystem of dirt, bacteria, fungi, nematodes (microscopic roundworms), protozoa, and microarthropods (like earthworms and spiders). Together, these elements decompose organic matter and release nutrients, a process called nutrient cycling.

WHAT CAN DAMAGE IT?

Environmental pollution and chemical herbicides, pesticides, and fertilizers. When World War II ended in 1945, munitions companies had an excess of TNT, the explosive in many bombs. Scientists noticed that plants thrived where this nitrogen-rich substance was dumped (never mind that they were weeds), and synthetic fertilizer was born. "Nitrogen will grow a plant—but it won't be a healthy one," says Ingham. Synthetic fertilizer also inhibits the wide range of nourishment needed. As a soluble salt, it dehydrates soil and kills the fungi, bacteria, and microarthropods. You may see quick results from its use, but at a long-term cost: degradation of the ecosystem, and proliferation of disease, pests, and weeds.

HOW DO I KNOW IF MINE IS HEALTHY?

If you use synthetic fertilizer, it isn't. If you don't know (new property, say), look around: Is your garden riddled with pests, weeds, and yellowing, crinkled, or stunted foliage, or is it robust? "When a plant has all the nutrients it requires, it doesn't produce the chemical stress compounds that say, 'Eat me!'" says Ingham. For instance, the cell walls of a rose growing in healthy soil are too thick to be penetrated by the piercing mouth of an aphid hungry for its sap. The good news: You can fix soil with proper composting. To dig deeper into your yard's specific profile, or if you have concerns about toxicity, consider testing a sample (see *soilfoodweb.com* for a list of consultants).

HOW CAN I IMPROVE IT?

> **AVOID SYNTHETIC FERTILIZERS, HERBICIDES, AND PESTICIDES.** Then feed it with compost. Ingham suggests raking a one-to-two-inch-thick topdressing into your beds every spring and fall. The living parts of healthy soil rely on decaying organic matter; make your own from materials like vegetable scraps, dried leaves, and grass clippings. (For a detailed how-to, see *marthastewart.com/compost.*) You can buy it, too, but be sure to ask an independent nursery near you for reputable, locally produced sources. Whether homemade or bought, it should only ever smell earthy.

> **CREATE A SOUND STRUCTURE.** Ingham thinks of soil like a house: Bacteria form the bricks, fungi bind them together, protozoa and nematodes make the hallways, and microarthropods add the windows, aerating the earth. The right makeup increases moisture retention (helpful in droughts), keeps soil full of oxygen (crucial to beneficial micro-organisms), and encourages roots to spread easily and deeply. Also, avoid excessive walking, rototilling, and digging, which can compact the structure, as can rainfall pounding on exposed earth. "Mother Nature never leaves soil bare," says Ingham. Spread mulch (like wood chips) over it—this also stimulates fungal growth, deficient in most gardens—or plant cover crops such as creeping phlox, creeping thyme, and Dutch white clover. These low-growing perennials act like living mulch, surrounding other plants, even veggies.

To learn more about the Soil Food Web, visit *soilfoodweb.com*.

ILLUSTRATION BY SARA BOCCACCINI MEADOWS

PROMOTION

ADVENTURE AWAITS

Get inspired to plan your next adventure to one—or all—of these beautiful destinations.

HILTON HEAD ISLAND
hiltonheadisland.org/offers

MARQUETTE, MICHIGAN
travelmarquette.com

MISSOURI
visitmo.com/thatsmymo

NORTH CAROLINA
visitnc.com

NORTH DAKOTA
legendarynd.com

PETOSKEY AREA, MICHIGAN
PetoskeyArea.com

SOUTH CAROLINA
DiscoverSouthCarolina.com

SOUTH WALTON, FLORIDA
visitsouthwalton.com

WEST VIRGINIA
wvtourism.com

The Bomb

Kerry Diamond
Cofounder of *Cherry Bombe*
Brooklyn

"There's nothing I love more than telling someone else's story," says Diamond, who has followed her bliss as a journalist, beauty PR executive, and restaurateur. In 2013, when she noticed how few features were published on women in the food world, she seized the moment, co-launching the indie journal *Cherry Bombe* to spotlight those who had "found a way into the industry on their own terms, even though doors were shut for a lot of them," she says. Martha, Madhur Jaffrey, Samin Nosrat, and Mashama Bailey are just a few of the culinary dynamos who have appeared in the biannual magazine's pages, podcasts, and videos, and at events like its annual Jubilee conference. As the brand has grown, so has the tribe. "I love the sense of discovery we provide—new names, new folks, new foods," says Diamond, who (no surprise) also tends to dress head-to-toe in female designers, among them fellow Brooklynites Maria Cornejo and Felisha "Fe" Noel. "Who better to make clothes for women than women?" she asks, ever mindful of building community and camaraderie. "Helping people feel that they're not alone has been a big part of our history, and it always will be." —*Melissa Ozawa*

WARDROBE WISDOM
"I like clothes I can move easily in. My 'running around' look is very much about practicality, with a little bit of polish."

WEEKEND RECHARGE
"Every Sunday, I walk up the block to my local farmers' market. Seeing the beautiful seasonal produce, talking to farmers, and stocking up for the week is heaven."

For a chance to win these sunglasses, go to *win.marthastewart.com* on March 19. For details, see page 102.

MOST TREASURED POSSESSION
"A rusty little globe, which was my prize for winning the seventh-grade science fair."

JENNIFER LIVINGSTON (PORTRAIT); DON FREEMAN (LILACS); COURTESY OF MANUFACTURERS (OTHERS)

Her Essentials

1 | Glassybaby Faith votives
"They're gorgeous, and three dollars from the sale of each one go to charity." *$53 each, glassybaby.com.*

2 | Heath Coupe dinner plates, in Opaque White
"These have heft and earthiness, and you see the crafts-manship that goes into every piece." *$36 each, heathceramics.com.*

3 | Ulla Johnson Harriet top
"She's got a flair for designing a blouse. You feel instantly pulled together." *$245, ullajohnson.com.*

4 | Catbird Big Hoop Dream earrings
"I love this woman-owned jewelry store in Brooklyn. These manage to be both powerful and dainty." *$140, catbirdnyc.com.*

5 | Raisinets
"Forever my favorite."

6 | The One red wineglass
"I was always intimi-dated about which kind of red wineglass to use. Sommelier Andrea Robinson solved the problem for me." *$30 for 2, andreawine.com.*

7 | Shinola The Birdy watch
"I switch between it and the Runwell with a black band." *$475, shinola.com.*

8 | *Cherry Bombe: The Cookbook*
"We made sure to include extensive headnotes. I like knowing the 'why' behind a recipe, not just the 'how.'" *Clarkson Potter, $35; indiebound.org.*

9 | Ray-Ban Folding Wayfarers
"A game-changer. They fold up into practically nothing." *$154, ray-ban.com.*

10 | Naturopathica Manuka Honey cleansing balm
"It removes makeup, softens my skin, and smells great." *$64 for 2.8 oz, naturopathica.com.*

11 | Global Classic 8-inch chef's knife
"The textured handle gives you a good grip." *$125, williams-sonoma.com.*

12 | Saba jam
"Saba Parsa's a genius jam maker, with really unexpected flavors." *$16, sabajamsf.com.*

13 | Lilacs
"They make my heart soar—and they have the most beautiful smell in the world."

14 | Blondery variety box
"I have a wicked sweet tooth, and these goodies 100 percent fit the bill." *From $25 for 4, blondery.com.*

15 | Birkenstock Arizonas, in Black Suede
"They're so comfort-able that once you start wearing them, they're the only shoes you want to put on." *$135, birkenstock.com.*

16 | *Dearie: The Remarkable Life of Julia Child*
"She had the most fascinating life. Our next issue is devoted to her." *Vintage, $17; bookshop.org.*

17 | Miss TeaSmith Dark Romance tea
"A steamy treat before bed." *From $12 for 18 bags, missteasmith.com.*

Nearly 40 million U.S. adults still smoke cigarettes, and about 4.7 million students use at least one tobacco product, including e-cigarettes. Smoking can make you more vulnerable to other respiratory illnesses, including Covid-19. For help stopping, visit *smokefree.gov*.

Breathe Easy

Talk about essential workers: Lungs are vital to filling our bodies with life. But did you know that how well they execute their duties has a real effect on how we feel and focus, and even on the foods we crave? Learn how to keep your respiratory system healthy and performing smoothly and efficiently. Your whole body (and mind) will benefit.

TEXT BY KELLY DINARDO

INHALE, EXHALE. You repeat this process over and over, about 25,000 times a day, mostly without even realizing it. Yet how you breathe affects practically everything you do. Research shows that taking shallow sips of air rather than deep ones can make you feel more stressed and less focused, and crank up your allergies. It can even cause junk-food cravings.

That's because your respiratory system touches all 10 of your body's other systems. It brings them the oxygen they need to function, and expels the carbon dioxide they produce. To start this cycle, your brain sends a signal to the diaphragm, an umbrella-shaped muscle under your lungs, telling it to pull downward. That sucks air into your nose and through your trachea and the two bronchial tubes of the lungs, which branch out into tiny air sacs called alveoli. There, red blood cells grab the oxygen and ferry it around your body, where it's used to generate energy for all sorts of vital processes. The red blood cells then take the carbon dioxide "trash" back to the alveoli, from which it whooshes out as the diaphragm relaxes.

All of this happens 12 to 15 times a minute, and when you're healthy, it's effortless. But when you're congested or sick, it's not. Almost 25 million U.S. adults have asthma; it disproportionately affects Blacks, Hispanics, and Native Americans. About 14.8 million have chronic obstructive pulmonary disease (COPD). More than 50 million have allergies. And while we now know what a pulse oximeter is (and that a healthy blood-oxygen level is in the upper 90s), we don't know what Covid-19's aftereffects will be. Here's what you can do now, and for the future, to support and protect these organs. »

STYLING BY FIDEL CASTAÑEDA

PHOTOGRAPH BY MAURICIO ALEJO

High blood pressure + joint pain?

TYLENOL® won't raise blood pressure the way that Advil,®[1] Aleve,®[1] or Motrin®[1] sometimes can.

#1 Doctor Recommended OTC* Pain Relief Brand for those with high blood pressure.

Talk to your doctor if you have any questions.

USE ONLY AS DIRECTED.

1 ALL THIRD-PARTY TRADEMARKS USED HEREIN ARE REGISTERED TRADEMARKS OF THEIR RESPECTIVE OWNERS.
*OVER-THE-COUNTER.
©Johnson & Johnson Consumer Inc. 2020

1 BREATHE THROUGH YOUR NOSE

As opposed to mouth breathing (something half of us do, sending our stress levels up), this filters germs and toxins out of the air as it enters the body, and humidifies it so it's less dehydrating. It also draws in 20 percent more oxygen and boosts your intake of nitric oxide, a gas that relaxes the blood vessels and helps that oxygen get where it needs to go faster.

"The human body is designed to breathe through the nose, not the mouth," says journalist James Nestor, author of *Breath: The New Science of a Lost Art* (Riverhead, 2020). When you inhale and exhale through your nose for six seconds each, a rate called resonant breathing, your cardiopulmonary system hits a state of peak efficiency. Try it out; it feels amazing.

2 IMPROVE YOUR AIR QUALITY

We each take in more than 2,000 gallons every day. For nearly half of us, that supply is unhealthy, per the American Lung Association; check your zip code's at *stateoftheair.org*.

"We're breathing in pollutants like ozone, lead, and sulfur dioxide, and particulate matter like dust and smoke," says pulmonologist Michael J. Stephen, MD, author of the new book *Breath Taking* (Atlantic Monthly Press). "Our body sees them as foreign invaders, so white blood cells move into the lungs to fight them off." Blood flow increases to get those white blood cells there, creating inflammation. In the short term, this can worsen asthma; over time, it can elevate one's risk of COPD, stroke, and cancer. To reduce exposure:

CHECK THE FORECAST Click to your local weather station, *weather.com*, or *airnow.gov* to gauge the overall state outside and levels of specific culprits, like pollen, ozone, and particulates. Air quality is lowest when it's really hot, so if possible, plan to be outdoors early or late in the day.

VENTILATE YOUR HOME Close windows when the air quality is low or the pollen count is high; throw them open briefly when it's good (and not too cold or hot) to dilute any indoor pollution caused by cooking or cleaning fumes.

CLEANSE THE AIR First, use the built-in filter that is your nose. Plants such as English ivy and snake plants can help absorb volatile organic compounds (VOCs) like ozone, though recent research finds their impact to be fairly small. An air purifier can remove fine airborne particles like pollen, dust mites, and pet dander. We can't say for sure whether it will kill viruses, but studies show that exposure to air pollution can leave you more vulnerable to infections. If you often feel congested, consider investing in a purifier with a high-efficiency particulate air (HEPA) filter for your bedroom, as well as a humidifier, says Neeta Ogden, MD, an allergy, asthma, and immunology specialist in Edison, New Jersey. She likes Filtrete's Smart air purifiers (from $247, *filtrete.com*).

3 EAT LUNG-SUPPORTING FOODS

Much of the research linking nutrition to lung function focuses on COPD. But the takeaway is broad: Diets high in processed food can impair these organs, while ones brimming with fruits and veggies reduce risk of COPD and improve symptoms in people who have the disease. "It makes sense," says Nestor. "What you eat impacts inflammation. Fruits and vegetables are full of nutrients, antioxidants, and fiber, which reduce inflammation." Leafy greens also produce circulation-boosting nitric oxide.

Keep tabs on your dietary iron, too. It's a building block of hemoglobin, the protein in red blood cells that carries oxygen around, explains Stephen. When it's low, you can feel extra-tired and bruise easily, among other symptoms. Inadequate iron levels are especially common in kids and pregnant or premenopausal women, per the National Institutes of Health. Vegetarians and vegans should take care too. Lean meat and seafood are major sources, but so are fortified cereals, beans, spinach, and tofu. Non-pregnant adult women need 18 milligrams a day, roughly what you'd get from three cups of lentils. Aim to hit your quota from meals, not taking a supplement, advises Stephen; foods have cofactors that help your body absorb the nutrient better. For example, pairing iron-rich foods with vitamin C–rich ones, like peppers and broccoli, optimizes absorption.

4 EXPAND THROUGH EXERCISE

For sustained lung health, get your heart and muscles pumping daily. "Aim for about 20 minutes of cardio, be it dancing, running, or swimming; and 20 minutes of anaerobic exercise, like weights or yoga," says Stephen. Exercise can also help improve your body-oxygen-level test score, a measure of how efficiently you use oxygen, says Patrick McKeown, author of *The Oxygen Advantage* (William Morrow, 2015). To learn yours, rest for 10 minutes, then inhale and exhale through your nose. Hold your nostrils closed, and time how long it takes for you to want to inhale again. (The goal isn't to turn blue; just note when you feel the first distinct urge.) For most people, it's about 20 seconds, but per McKeown, 40 seconds is ideal.

Yoga also helps, since poor posture can constrict the diaphragm and encourage fast, stress-inducing chest breathing. Try moves that pull your shoulders back and decompress your spine, like cat-cow pose or a forward fold: Interlace your fingers behind you, bend over, and stretch your arms up. You'll feel your shoulders widen, giving you, quite literally, more room to breathe.

Instant Relief

The next time you feel stuffed up, try one of these simple tactics to clear your airways.

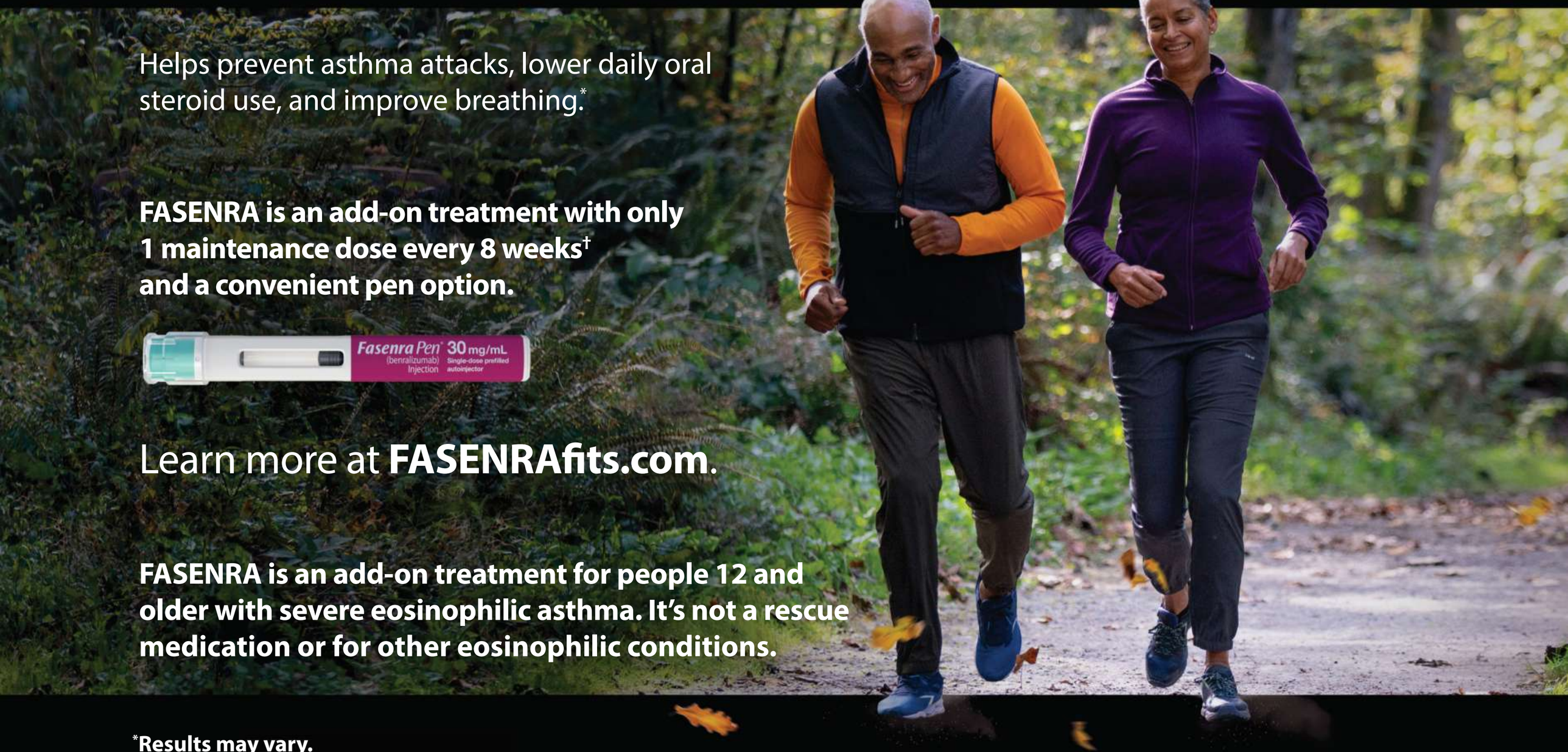
HUMMING
It may sound nuts, but the vibration can release 15 to 20 times more circulation-boosting nitric oxide into the blood vessels of your nasal passages, which can help flush congestion.

ALTERNATE-NOSTRIL BREATHING
Put pressure on your left nostril and inhale through the right, then put pressure on the right nostril and exhale out the left. Reverse the order and repeat as many times as you like, suggests Jasmine Marie, an Atlanta-based breathwork practitioner who founded Black Girls Breathing, an organization that holds virtual and in-person sessions to help Black women nurture their mental, emotional, and spiritual health.

SHAKING IT OUT
This exercise is from McKeown, who began studying breath work to fix his own asthma, rhinitis, and sleep-disordered patterns: Sit up straight, gently inhale and exhale through your nose, and pinch both nostrils shut. Shake your head up and down or from side to side until you need to breathe. Take a slow breath in through your nose, or through pursed lips if you're still feeling clogged. Breathe calmly for 30 seconds. Repeat five times.

Has asthma pushed you into a smaller life?

See what could open up for you with FASENRA.*


Helps prevent asthma attacks, lower daily oral steroid use, and improve breathing.*
FASENRA is an add-on treatment with only 1 maintenance dose every 8 weeks† and a convenient pen option.
Fasenra Pen 30 mg/mL (benralizumab) Injection Single-dose prefilled autoinjector
Learn more at FASENRAfits.com.
FASENRA is an add-on treatment for people 12 and older with severe eosinophilic asthma. It's not a rescue medication or for other eosinophilic conditions.

*Results may vary.

†The first 3 doses are given on day 1, week 4, and week 8.

Fasenra® (benralizumab) Subcutaneous Injection 30 mg

IMPORTANT SAFETY INFORMATION

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Do not use to treat sudden breathing problems.

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back.
- have a parasitic (helminth) infection.
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.
- are taking prescription and over-the-counter medicines, vitamins, or herbal supplements.

Do not stop taking your other asthma medicines unless instructed to do so by your healthcare provider.

The most common side effects of FASENRA include: headache and sore throat. These are not all the possible side effects of FASENRA.

APPROVED USE

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

FASENRA is not used to treat other problems caused by eosinophils and is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit **www.FDA.gov/medwatch** or call **1-800-FDA-1088**.

Please see Brief Summary of full Prescribing Information on following page.

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IMPORTANT INFORMATION ABOUT FASENRA

Read this brief summary carefully before using FASENRA for the first time and each time you use a new dose. There may be new information. This summary does not take the place of talking to your healthcare provider about your medical condition or treatment.

What is FASENRA?

FASENRA is a prescription medicine used with other asthma medicines for the maintenance treatment of asthma in people 12 years and older whose asthma is not controlled with their current asthma medicines. When added to other medicines for asthma, FASENRA helps prevent severe asthma attacks (exacerbations) and may improve your breathing. Medicines such as FASENRA reduce blood eosinophils. Eosinophils are a type of white blood cell that may contribute to your asthma.

- FASENRA is not used to treat other problems caused by eosinophils.
- FASENRA is not used to treat sudden breathing problems. Tell your healthcare provider if your asthma does not get better or if it gets worse after you start treatment with FASENRA.

It is not known if FASENRA is safe and effective in children under 12 years of age.

Do not use FASENRA if you are allergic to benralizumab or any of the ingredients in FASENRA.

Before using FASENRA, tell your healthcare provider about all of your medical conditions, including if you:

- are taking oral or inhaled corticosteroid medicines. **Do not** stop taking your corticosteroid medicines unless instructed by your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine to come back
- have a parasitic (helminth) infection
- are pregnant or plan to become pregnant. It is not known if FASENRA will harm your unborn baby. Tell your healthcare provider if you become pregnant during your treatment with FASENRA.
  - There is a pregnancy exposure registry that monitors pregnancy outcomes in women exposed to FASENRA during pregnancy. Healthcare providers can enroll patients or encourage patients to enroll themselves by calling 1-877-311-8972 or visiting www.mothertobaby.org/fasenra.
- are breastfeeding or plan to breastfeed. It is not known if FASENRA passes into your breast milk. You and your healthcare provider should decide if you will use FASENRA and breastfeed. Talk to your healthcare provider about the best way to feed your baby if you use FASENRA.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Do not stop taking your other asthma medicines unless your healthcare provider tells you to.

How will I use FASENRA?

- FASENRA is injected under your skin (subcutaneously) one time every 4 weeks for the first 3 doses, and then every 8 weeks.
- FASENRA comes in a single dose prefilled syringe and in a single dose autoinjector.
- A healthcare provider will inject FASENRA using the single-dose prefilled syringe.
- If your healthcare provider decides that you or a caregiver can give the injection of FASENRA, you or your caregiver should receive training on the right way to prepare and give the injection using the FASENRA PEN. **Do not** try to inject FASENRA until you have been shown the right way by your healthcare provider. **See the detailed "Instructions for Use" that comes with FASENRA PEN for information on how to prepare and inject FASENRA.**
- If you miss a dose of FASENRA, call your healthcare provider.

What are the possible side effects of FASENRA?

FASENRA may cause serious side effects, including:

- **allergic (hypersensitivity) reactions, including anaphylaxis.** Serious allergic reactions can happen after you get your FASENRA injection. Allergic reactions can sometimes happen hours or days after you get your injection. Tell your healthcare provider or get emergency help right away if you have any of the following symptoms of an allergic reaction:
  - swelling of your face, mouth and tongue
  - breathing problems
  - fainting, dizziness, feeling lightheaded (low blood pressure)
  - rash
  - hives

The most common side effects of FASENRA include headache and sore throat.

These are not all the possible side effects of FASENRA.
Call your doctor for medical advice about side effects.
You may report side effects to FDA at 1-800-FDA-1088.

How should I store FASENRA?

- Store FASENRA in the refrigerator between 36°F to 46°F (2°C to 8°C).
- FASENRA may be stored at room temperature between 68°F to 77°F (20°C to 25°C) **for up to 14 days.**
- Once removed from the refrigerator and brought to room temperature FASENRA must be used within 14 days or thrown away.
- Store FASENRA in the original carton until you are ready to use it to protect it from light.
- Do not freeze FASENRA. Do not use FASENRA that has been frozen.
- Do not expose FASENRA to heat.
- Do not use FASENRA past the expiration date.
- **Keep FASENRA and all medicines out of the reach of children.**

What are the ingredients in FASENRA?

Active ingredient: benralizumab

Inactive ingredients: L-histidine, L-histidine hydrochloride monohydrate, polysorbate 20, α,α-trehalose dihydrate, and Water for Injection

The information provided here is not comprehensive.
Ask your healthcare provider for additional information about FASENRA. You can also contact the company that makes FASENRA (toll-free) at 1-800-236-9933 or at www.fasenra.com.

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11/19 US-30267

For more information, visit **FASENRA.com**
Or call **1-800-236-9933**

Fasenra® (benralizumab) Subcutaneous Injection 30 mg

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WHAT'S MY NAME?

The #WHATSMYNAME Foundation was established in honor of our daughter—Samantha Josephson.

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samantha josephson

Our mission is to educate the world on rideshare safety, supporting charitable organizations and providing college scholarships to selected high school seniors.

Samantha may be gone but our goal for the rest of our time on earth is to share her story and make a lasting change.

Before you get in a rideshare ask, *"What's my name?"* and please, remember hers—Samantha Josephson.

—SEYMOUR & MARCI JOSEPHSON
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REVIEW SAFETY FEATURES

A **SK**
"WHAT'S MY NAME?"

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If you would like to support the efforts of the #WHATSMYNAME Foundation please visit **WHATSMYNAME.ORG**

| BEAUTY SCHOOL |

Looking Buff

A natural mani-pedi can be a welcome break—and a chic breather. Here's a handy guide to maintaining and strengthening your nails, and our favorite eco-friendly polishes for when you're craving color.

TEXT BY ERICA SLOAN

1. Remove Polish

Swipe it off with an essential-oil-rich solution, like **Sundays Pr 01 Soy polish remover** ($28, *dearsundays.com*). It'll take a few more passes to do the job than an acetone formula would, but the oils will leave your nails nourished, says Shelagh Wong, general manager at Smith & Cult. Instead of cotton balls, enlist hand-washable **Base Coat Take Off reusable nail-polish-remover pads** ($14 for 6, *basecoatnailsalon.com*).

2. Slough & Shape

Our experts agree: You should skip the soak. "Water depletes natural fats in the nail keratin," says Suzanne Shade, founder of nail-care brand Bare Hands. Smooth foot calluses with a rasp, and massage **L'Occitane Shea Butter One-Minute hand scrub** on dry digits ($24, *loccitane.com*). Trim your nails, then even the ends with a 180-grit emery board, says celebrity nail artist Tom Bachik. Or go for glass, he says: **OPI Crystal nail file** is a washable, reusable buy ($12, *ulta.com*).

3. Care for Cuticles

Like gatekeepers around your nails, they seal out bacteria. So cutting them too deeply opens the door to infection, says Bachik. It can also signal trauma to the body, triggering thick regrowth. Instead, soften them with **10+Free Non-Toxic Lemon cuticle remover** before pushing them back with **Sally Beauty Stone Eraser cuticle remover** ($18, *10freelife.com;* $3, *sallybeauty.com*). Then carefully nip hangnails.

4. Seal in Shine

Now for the fun part: Working from the grittiest side to the finest, sweep a four-way buffer across each nail to whisk away unevenness and gloss the surface, says NYC manicurist Christina Grant; try the **Deborah Lippmann Smooth Operator** ($12, *deborahlippmann.com*). For a shield of protective hydration, brush on **Bare Hands cuticle oil,** a blend of moisturizing jojoba and castor oils ($21 for 2 tubes, *barehands.us*).

Clean Winners

When you're ready for a colorful coat, paint on a polish sans questionable ingredients (like formaldehyde, phthalates, and toluene). We're fans of the new formulations from **Essie** ($9) and the **Sally Hansen** plant-based Good. Kind. Pure. line (from $7), as well as **Sundays** ($18), **Jinsoon** ($18), **Orosa** ($12; shown in Papaya, left), and **Zoya** ($10; shown in Joyce).

SOPHIA BECK/GALLERY STOCK (WOMAN); WILLIAM TURNER/GETTY IMAGES (LEFT NAIL POLISH); JEFF HARRIS (RIGHT NAIL POLISH); COURTESY OF MANUFACTURERS (OTHERS)

DRY SKIN?

GIVE US 24 HOURS.

HEALTHY SKIN STARTS WITH OAT.

This fragrance-free lotion formulated with nurturing prebiotic oat is clinically proven to improve the health of dry skin in 1 day.

Aveeno
HEALTHY. IT'S OUR NATURE.™

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/ COUNTER INTELLIGENCE /

Eau Naturel

The newest crop of natural fragrances is more subtly layered, longer-lasting, and kinder to the planet than ever before. Learn about the latest eco-developments, and then pluck a scent that's your kind of divine.

TEXT BY CLAIRE SULLIVAN

1 | SPICY
White ginger and shiso leaf energize **Olmsted & Vaux eau de parfum** by **Phlur.** It's named after the landscape architects of NYC's Central Park; $5 of each purchase goes to the land's conservancy ($96, *phlur.com*).

2 | EARTHY
Henry Rose Fog eau de parfum, a blend of warm sandalwood and faintly sweet magnolia, is forest-bathing in a bottle. You can also compost the cap ($120, *henryrose.com*).

3 | CITRUS
The blend of ethically sourced tangerine, mandarin, and jasmine in **7 Virtues Orange Blossom eau de parfum** will wake up your senses with every waft ($79, *the7virtues.com*).

4 | FLORAL
Dirty Gardenia eau de parfum by **Heretic** captures the essence of its namesake blossom, and comes in a chic and sturdy black box ($165, *hereticparfum.com*). Across the garden, **Maison Sybarite Bed of Roses** blooms with heady bergamot and patchouli, and has a water (not alcohol) base ($185, *us.maison-sybarite.com*).

A New Caliber of Clean

Here are three ways scent-makers are stepping up.

Smarter Sourcing

This means harvesting ingredients sustainably, being mindful of the scarcity or abundance of particular ingredients, and considering workers' rights. "We want to respect nature and the communities workers come from," says Givaudan perfumer Adriana Medina. Synthetic elements can play a part, too: Some are much less depleting than natural alternatives.

Better Bases

Alcohol suspends fragrance oils for an even spritz with every pump. But not all kinds are created equal. Some contain a sugarcane base; the plant is more efficient to grow than corn, another common ingredient (the former can yield more per acre). You can also now find highly concentrated formats, like oils and balms, according to Medina. They fade faster but smell just as amazing.

Greener Goods

"Glass is the most common vessel for perfume, as it doesn't react with the ingredients inside," says Mia Davis, director of environmental and social responsibility at Credo Beauty. But the pump isn't recyclable (at least not yet), so be sure to remove it before recycling the bottle. As for outer packaging, compostable materials, soy-based inks, and reusable boxes are on the rise. "And things definitely don't need to be wrapped in plastic," Davis adds.

STYLING BY NAOMI DEMAÑANA

PHOTOGRAPH BY PAOLA + MURRAY

HB
hair biology

Bolder not older.

Hair changes as you get older.
It's not in your head...*it's biology*.

Introducing HB Argan Oil Taming Serum that wrangles wayward greys, frizzies and flyaways while smoothing ends.

Ask Martha

Does my dog need a raincoat?

—Gary Kosterman, Baton Rouge, La.

That depends on your furry friend. Large working breeds like rottweilers and Siberian huskies usually don't mind a good soaking, says Whitney Miller, director of veterinary medicine for Petco. But there are a few situations when a slicker with mini sleeves comes in handy:

IT'S COLD OUT THERE Combined with very chilly temps, precipitation can cause a pup's core temperature to drop. On bitter days, "outfit your dog with a layer of waterproof insulation, especially for lengthier walks," says Michelle Logan, director of national shelter embed programming at Best Friends Animal Society.

HER HAIR IS LONG OR WIRY This kind of coat can get knotted or matted when drenched, Miller says—often the case with border terriers, Scottish terriers, and Jack Russells—which can make it extra-challenging to brush or clean.

SHE WON'T LEAVE HOME WITHOUT IT Like certain humans, some dogs get cranky in even the lightest mist. "A jacket can make a rainy trek outside more tolerable for them," says Miller (not to mention for the owners trying to drag them out the door). If, on the other hand, your canine initially resists the coat, reward her with a treat after first coaxing her into it, she says: "Keep it on for a short time, and build up to a full walk outside."

PHOTOGRAPH COURTESY OF MAXBONE; TALON RAIN COAT, IN YELLOW, $75, *MAXBONE.COM*

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Your cat will love our tasty new treats starting with real chicken or fish.
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Creamy
REAL CHICKEN 1st INGREDIENT
LOVE them like family. TREAT them like family.™
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Crunchy, creamy and bursting with flavor!
With Paw-Lickin' Chicken
NET WT. 2 oz. (56.6 g)
Natural Treats for Cats enhanced with other nutrients
Learn more at BlueBursts.com

How often—and how—should I wash my duvet inserts and pillows?

—Carolyn Darang, Waco, Tex.

Twice a year is generally plenty, says Melissa Homer, chief cleaning officer at MaidPro. (Linens are a heavier lift: Anything that touches your body—even your duvet cover, if you don't use a top sheet—should be laundered weekly.) Start by checking the care label for instructions on fussy fillings, like certain kinds of down, silk, and cotton. Deanna Wu, vice president of merchandising at Brooklinen, recommends spot-cleaning down items with a mild soap like Woolite, since "washing can degrade the natural oils in the clusters over time." Do the same for memory foam, which can get waterlogged. Most synthetic down alternatives (polyester, microfiber) can be machine-washed on a gentle cycle and dried on low heat or the air-fluff setting. Toss in a few tennis or dryer balls to avoid clumping, adds Homer.

| PET TIP |

If you snuggle up with Felix or Bella at night, or have allergies, launder these pieces quarterly, says Homer, and invest in hypoallergenic pillow protectors that you can throw in with your weekly load.

SureGuard pillow protectors, *$28 for 2, amazon.com.*

| ECO TIP |

A SHARP TACTIC

To spare landfills and save waste sorters from potential danger, recycle used razors via the Gillette Razor Recycling Program. A partnership with TerraCycle, it accepts blades, handles, and packaging from all brands at 949 drop-off spots nationwide (find one at *terracycle.com*). Then shave down your impact even more with replacements from the company's new line, Planet Kind: The starter kit comes with a 60-percent-recycled-plastic handle and two five-bladed cartridges, packed in a paper carton ($10, *planetkindbygillette.com*).

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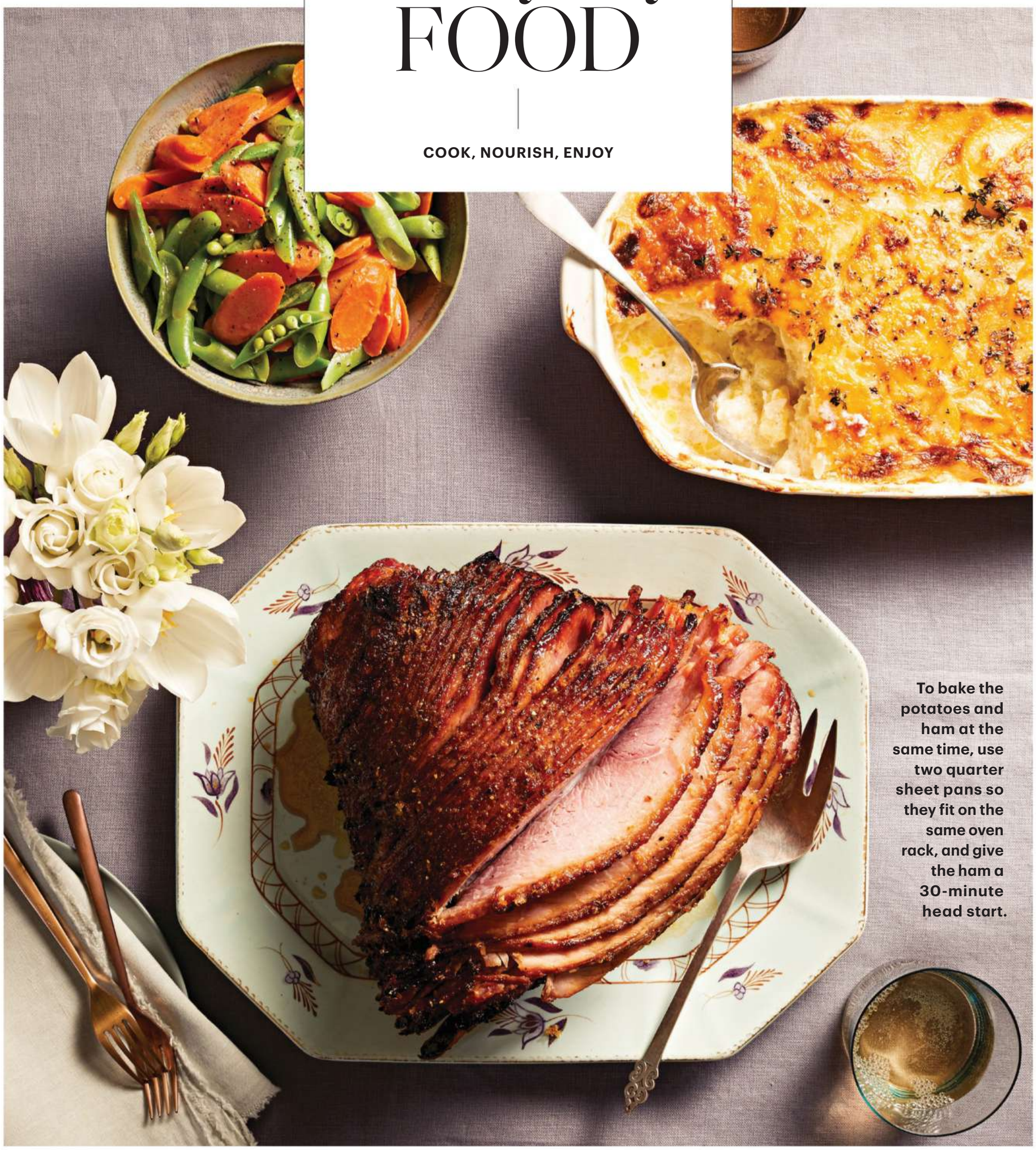

To bake the potatoes and ham at the same time, use two quarter sheet pans so they fit on the same oven rack, and give the ham a 30-minute head start.

FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY SUZIE MYERS

| EASY ENTERTAINING |

A Slice of Heaven

When the centerpiece is a gorgeously marbled ham, your Easter menu is just a few sides short of an amazing feast. Cheddar-topped scalloped potatoes and lemony carrots and snap peas complement the main, and the whole colorful spread is an ode to joy.

TEXT BY CLAIRE SULLIVAN RECIPES BY GREG LOFTS

PHOTOGRAPHS BY CHRIS SIMPSON

| THE MAIN |

Honey-Glazed Spiral Ham

To store leftovers, remove the bone (reserve it for soup) and place the meat and baking juices in an airtight container. Refrigerate for up to five days, or freeze for up to three months.

- **½ cup clover or orange-blossom honey**
- **1 tablespoon finely grated orange zest, plus 2 tablespoons fresh juice**
- **1 tablespoon finely grated fresh ginger**
- **½ teaspoon ground cloves**
- **Freshly ground pepper**
- **1 smoked bone-in spiral half ham (about 8 pounds; we love D'Artagnan Berkshire Pork's for a special occasion)**

1. Preheat oven to 325˚ with a rack in lower third. Stir together honey, orange zest and juice, ginger, cloves, and ½ teaspoon pepper. Wrap ham, fat-cap-side up, tightly in parchment-lined foil. Place on a rimmed baking sheet or in a small roasting pan.

2. Bake 1 hour. Unwrap, leaving foil under ham to catch juices. Brush with some of the glaze; continue baking, uncovered, basting with more glaze every 15 minutes, until heated through, 45 minutes to 1 hour more. Brush with remaining glaze; let cool slightly. Serve warm.

ACTIVE TIME: 10 MIN. | **TOTAL TIME**: 2 HR. 5 MIN., PLUS COOLING | **SERVES:** 10 TO 12

GET-AHEAD GUIDE

To make your Sunday seamless, tackle these steps the day before.

MIX THE GLAZE for the ham, and refrigerate it in an airtight container.

USE A MANDOLINE to slice the potatoes into thin rounds. Fully assemble the casserole; cover with plastic wrap and refrigerate.

CHOP THE CARROTS AND SNAP PEAS, and make the dressing. Refrigerate in separate airtight containers. To serve them hot, begin cooking them as soon as the ham and scalloped potatoes come out of the oven. This will give the ham and potatoes time to rest and cool slightly.

| THE SIDES |

White-Cheddar Scalloped Potatoes

- **3 tablespoons unsalted butter, plus more, softened, for dish**
- **8 ounces shallots (about 4), thinly sliced (1⅓ cups)**
- **1 clove garlic, minced**
- **2 thyme sprigs, plus 1 teaspoon leaves**
- **2½ pounds Yukon Gold potatoes, peeled and cut into ⅛-inch-thick rounds**
- **2 cups whole milk**
- **1 cup heavy cream**
- **Kosher salt and freshly ground pepper**
- **5 ounces sharp white cheddar, grated (about 1½ cups)**

1. Preheat oven to 325˚ with a rack in lower third. Brush a 2-to-2½-quart baking dish with butter. Melt 1 tablespoon butter in a large saucepan over medium heat. Add shallots, garlic, and thyme sprigs; cook, stirring occasionally, until shallots are beginning to turn golden, 5 to 7 minutes (if they brown quickly, reduce heat). Stir in potatoes, milk, cream, and 1½ teaspoons salt. Bring to a boil, then reduce heat to medium-low, cover, and simmer until potatoes are easily pierced with the tip of a knife, about 3 minutes. Remove and discard thyme.

2. Using a slotted spoon, transfer one-third of potato mixture to prepared dish. Season with salt and pepper; sprinkle with one-third of cheese. Repeat layering once more; top with remaining potato mixture and season. Cut remaining 2 tablespoons butter into cubes; sprinkle over top. Carefully pour liquid from pan over top. Scatter on remaining cheese, thyme leaves, and more pepper. Transfer dish to a parchment-lined rimmed baking sheet.

3. Bake until bubbly, 1 hour, 20 minutes to 1½ hours. Let cool at least 20 minutes (so cream mixture can be fully absorbed), loosely tented with foil, before serving.

ACTIVE TIME: 30 MIN. | **TOTAL TIME**: 2 HR. 20 MIN., PLUS COOLING | **SERVES:** 10 TO 12

"A zesty wine is delicious with this menu. I prefer dry Rieslings from New York's Finger Lakes region, such as Wiemer Vineyards or Nathan K. They're citrusy and bright, and lower in alcohol than most wines."

—deputy food editor Greg Lofts

Quick Carrots and Snap Peas With Lemony Mustard Dressing

- **2 tablespoons Dijon mustard**
- **1 teaspoon finely grated lemon zest, plus 3 tablespoons fresh juice**
- **Kosher salt and freshly ground pepper**
- **⅓ cup extra-virgin olive oil**
- **1½ pounds carrots, peeled and cut on the bias into ¼-inch-thick slices (4½ cups)**
- **3 tablespoons unsalted butter**
- **12 ounces sugar snap peas, trimmed if stringy, halved on the bias**

1. Whisk together mustard and lemon zest and juice. Season generously with salt and pepper and slowly whisk in oil.

2. Combine carrots, butter, ½ cup water, and 1½ teaspoons salt in a large straight-sided skillet or wide, shallow pot. Bring to a boil, then cover, reduce heat to medium, and simmer 5 minutes. Uncover and cook, stirring occasionally, until carrots are just tender but holding their shape, 5 to 7 minutes more. Stir in snap peas and continue cooking just until peas have turned crisp-tender and bright green, about 2 minutes. Remove from heat and carefully drain any liquid remaining in skillet; toss with half of mustard dressing and season to taste. Serve, with remaining dressing on the side.

ACTIVE TIME: 15 MIN. | **TOTAL TIME**: 30 MIN. **SERVES:** 10 TO 12

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To defrost frozen fish or shrimp, transfer it to a resealable plastic bag and refrigerate the night before cooking. Pat seafood dry with a paper towel before cooking.

| WHAT'S FOR DINNER? |

QUITE A CATCH

Stock up on frozen seafood, and you can enjoy a pescatarian meal whenever the mood strikes. We've reeled in recipes for spaghetti with shrimp, tomatoes, and kale; fish stew with fluffy dumplings; and a kedgeree bursting with wild salmon, boiled eggs, and curried rice. Every bite will be off-the-hook tasty.

TEXT BY CLAIRE SULLIVAN RECIPES BY SHIRA BOCAR

PHOTOGRAPHS BY CHRIS SIMPSON

FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY SUZIE MYERS

Wild-Salmon Kedgeree

Spaghetti With Shrimp, Kale, and Burst Tomatoes

White-Fish Stew With Dumplings

Crispy Oven-Baked-Fish Wraps

Wild-Salmon Kedgeree

- **4** large eggs
- **2** tablespoons extra-virgin olive oil
- **1** small onion, finely chopped (1¼ cups)
- **2** cloves garlic, minced (1 tablespoon)
- **1** cup basmati rice, rinsed and drained
- **1½** teaspoons curry powder
- Kosher salt and freshly ground pepper
- **1** pound skinless wild-salmon fillets (3 to 4), preferably Alaskan
- **¼** cup chopped fresh parsley leaves
- Lemon wedges and smoked hot paprika, for serving

1. Prepare an ice-water bath. Bring a saucepan of water to a boil. Reduce to a simmer; add eggs and cook 8 minutes. Transfer to ice bath; let stand until cool enough to handle. Peel and halve.

2. Heat oil in a large straight-sided skillet over medium. Add onion and garlic; cook, stirring, until tender, 5 to 7 minutes. Add rice, curry powder, and ¾ teaspoon salt; cook, stirring, 2 minutes. Stir in 2 cups water. Bring to a boil, then reduce heat to low and cover; cook 15 minutes. Season fish with salt and pepper; nestle into rice mixture. Cover and cook until fish is just cooked through, 9 to 12 minutes. Sprinkle with parsley. Break fish into large pieces and fluff rice with a fork. Top with egg halves; season with salt and pepper. Squeeze lemon wedges over top and sprinkle with paprika; serve.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 50 MIN. | **SERVES:** 4

Spaghetti With Shrimp, Kale, and Burst Tomatoes

- Kosher salt
- **12** ounces spaghetti
- **1** small bunch kale, stems removed, leaves torn into small pieces (about 8 cups)
- **¼** cup extra-virgin olive oil
- **¼** teaspoon red-pepper flakes, plus more for serving
- **4** cloves garlic, thinly sliced
- **2** pints grape tomatoes
- **1** pound large shrimp, peeled and deveined
- **2** tablespoons unsalted butter
- Grated Parmigiano-Reggiano, for serving

1. In a large pot of boiling salted water, cook pasta until al dente according to package instructions, adding kale 2 minutes before end. Reserve 1 cup pasta water; drain. Meanwhile, in a large straight-sided skillet, heat oil, red-pepper flakes, garlic, and tomatoes over medium. Season with salt and cook, stirring, until tomatoes begin to burst, about 10 minutes.

2. Season shrimp with salt and arrange in a single layer on top of tomatoes. Cover and cook until shrimp are bright pink and opaque, about 2 minutes. Remove from heat. Add pasta and kale, butter, and ½ cup pasta water; toss until pasta is well coated, adding more pasta water as needed. Serve with cheese and more red-pepper flakes.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 35 MIN. | **SERVES:** 4

White-Fish Stew With Dumplings

- **1** cup unbleached all-purpose flour
- **1½** teaspoons baking powder
- Kosher salt and freshly ground pepper
- **½** cup plus 2 tablespoons heavy cream
- **3** tablespoons unsalted butter
- **1** medium onion, finely chopped
- **2** celery stalks, finely chopped
- **2** carrots, peeled and finely chopped
- **2** bottles (each 8 ounces) clam juice
- **1** teaspoon fresh thyme leaves
- **1** pound skinless cod or halibut fillets (3 to 4)
- **2** tablespoons chopped fresh parsley leaves

1. Whisk together ¾ cup flour, baking powder, and ½ teaspoon salt. Stir in cream until dough is shaggy. In a medium pot, melt butter over medium heat. Add onion, celery, and carrots; season with salt and cook, stirring, until softened, 6 to 8 minutes. Add remaining ¼ cup flour and cook, stirring, 1 minute. Stir in clam juice, 1 cup water, and thyme. Bring to a boil, then reduce heat and simmer until thickened slightly, about 5 minutes.

2. Season fish with salt and pepper and add to broth. Drop heaping spoonfuls of dough into fish mixture. Cover and simmer until dumplings are cooked through, 15 to 18 minutes. Season to taste. Sprinkle with parsley; serve.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 50 MIN. | **SERVES:** 4

Crispy Oven-Baked-Fish Wraps

- **1** cup panko
- **1** tablespoon extra-virgin olive oil
- Kosher salt and freshly ground pepper
- **1** pound skinless cod or halibut fillets (3 to 4), cut into 1-inch strips
- **6** tablespoons mayonnaise
- **1** tablespoon distilled white vinegar
- **3** cups coleslaw mix
- **½** small green apple, cored and cut into matchsticks
- **8** flour tortillas (each 6 inches), warmed
- Tender herbs, such as cilantro and dill, and lime wedges, for serving

1. Preheat oven to 400°. On a rimmed baking sheet, toss panko with oil and ¼ teaspoon salt. Toast in oven, stirring once, until golden, about 5 minutes. Transfer to a plate; let cool slightly.

2. Pat fish dry; season with salt and pepper. In a medium bowl, whisk together 2 tablespoons mayonnaise and 2 teaspoons water; toss with fish to coat completely. Coat fish with panko, patting to adhere. Place on a wire rack set inside a rimmed baking sheet and bake until cooked through, 12 to 14 minutes. In a large bowl, whisk together remaining ¼ cup mayonnaise and vinegar. Toss with coleslaw and apple; season to taste. Fill tortillas with fish, coleslaw mixture, and herbs; serve with lime wedges.

ACTIVE TIME: 25 MIN. | **TOTAL TIME:** 45 MIN. | **SERVES:** 4

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| HEALTHY APPETITE |

STALK OF THE TOWN

Celery is light, crunchy, and effortlessly cool on a crudités platter. But it has nutrition chops, too. A single cup delivers heart-helping polyphenols, blood pressure–reducing potassium, and immune-boosting iron. Get your fill with these easy ideas.

TEXT BY CLAIRE SULLIVAN
RECIPES BY LAURYN TYRELL

TOP NOTE
"Don't trash the leaves," says NYC registered dietitian Amy Shapiro, MS, CDN. "They contain the same nutrients as the ribs, but in more concentrated amounts." Whir a handful into a fruit smoothie, or sprinkle them over soups and salads for a peppery bite.

A Vegetarian Main

Tofu-Celery Stir-Fry

Tofu provides protein, while ginger, scallions, chili-garlic sauce, and cilantro stems kick up the flavor.

Cut 8 ounces drained and pressed **extra-firm tofu** into matchsticks; season with **salt.** Slice 4 **celery stalks** into matchsticks. Stir together 2 tablespoons **tamari,** ½ teaspoon **sesame oil,** 1 teaspoon **chili-garlic sauce,** and 1 tablespoon **water.** In a large nonstick skillet, heat 2 tablespoons **vegetable oil** over high until just smoking. Add tofu and cook, turning once, until golden, 4 minutes total. Transfer to a plate. Add celery (and additional oil, if needed) to skillet and cook, stirring often, until crisp-tender, 1 to 2 minutes. Stir in 2 tablespoons each minced **fresh ginger, scallion,** and **cilantro stems;** cook 30 seconds. Return tofu and add tamari mixture to skillet. Toss to coat; serve.

A Shot of Energy

Green-Grape-and-Celery Tonic

For maximum antioxidant absorption, enjoy the vegetable raw, says Shapiro.

Blend 2 cups chopped **celery** (4 stalks); 1 **lemon,** peeled, halved, and seeded; 1 cup halved **green grapes;** 1 chopped **Persian cucumber;** and a pinch of **sea salt** with 1 cup cold **water** until smooth. Strain through a fine-mesh sieve; refrigerate about 1 hour. Serve chilled.

A Nourishing Side

Tomato-Braised Celery With Olives

Tomatoes and celery help fight free radicals. This briny dish is nice with pork chops or roasted fish.

Preheat oven to 350°. Cut 1 pound **celery stalks** into 3-inch pieces. Heat 3 tablespoons **extra-virgin olive oil** in a straight-sided skillet over medium. Add ½ cup thinly sliced **onion** and 4 chopped **anchovies.** Cook, stirring occasionally, 5 to 6 minutes. Add 1 teaspoon minced **garlic;** cook 1 minute. Stir in celery, one 15-ounce can of **diced tomatoes,** 1 cup **low-sodium chicken broth,** and 2 **dried bay leaves.** Bring to a boil, then cover and transfer to oven. Cook, stirring once, 30 minutes. Stir in ½ cup **Kalamata olives;** return to oven and cook, uncovered, 10 to 15 minutes more. Serve.

FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY SUZIE MYERS

PHOTOGRAPHS BY CHRIS SIMPSON

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A FINE DRIZZLE
We replace part of the sugar with pure maple syrup. Honey and date syrup are other optional swaps.

| PERFECTING |

Fiber Optics

You've never had a **bran muffin** like this before. We've made over the breakfast underdog with maple syrup for delicate sweetness, plain yogurt for moisture, and two forms of bran (cereal and wheat) for structure and fluffiness. At long last, this wholesome hero is stepping into the light.

TEXT BY CLAIRE SULLIVAN RECIPE BY RILEY WOFFORD

Maple Bran Muffins

Many recipes call for soaking the cereal in milk, but ours incorporates yogurt for can't-top-it tenderness. For bursts of tartness, stir 1 cup of frozen fruit, such as raspberries or sour cherries, into the batter.

- **1 cup unbleached all-purpose flour**
- **¾ teaspoon kosher salt (we use Diamond Crystal)**
- **½ teaspoon baking powder**
- **½ teaspoon baking soda**
- **¼ teaspoon ground cinnamon**
- **1 cup plain yogurt (not Greek)**
- **½ cup vegetable oil**
- **⅓ cup packed light-brown sugar**
- **¼ cup pure maple syrup**
- **2 large eggs, room temperature**
- **½ teaspoon pure vanilla extract**
- **1½ cups bran cereal**
- **1 cup wheat bran (such as Bob's Red Mill)**
- **Softened salted butter, for serving**

1. Preheat oven to 400°. Line a standard muffin tin with paper baking cups. Whisk together flour, salt, baking powder, baking soda, and cinnamon. In another bowl, whisk together yogurt, oil, brown sugar, maple syrup, eggs, and vanilla until well combined. Add dry ingredients and whisk until fully incorporated; stir in cereal and wheat bran. Divide batter evenly between muffin cups.

2. Bake until a tester inserted into centers comes out clean, about 18 minutes. Let cool 10 minutes, then transfer muffins to a wire rack and let cool completely. Serve warm or room temperature, with butter.

ACTIVE TIME: 10 MIN. | **TOTAL TIME**: 30 MIN., PLUS COOLING | **MAKES:** 12

BANK A BATCH

You can freeze baked muffins in resealable plastic bags for up to 3 months. Thaw them at room temp, or pop them in a 375° oven for about 5 minutes.

FOOD STYLING BY REBECCA JURKEVICH; PROP STYLING BY SUZIE MYERS

PHOTOGRAPH BY CHRIS SIMPSON

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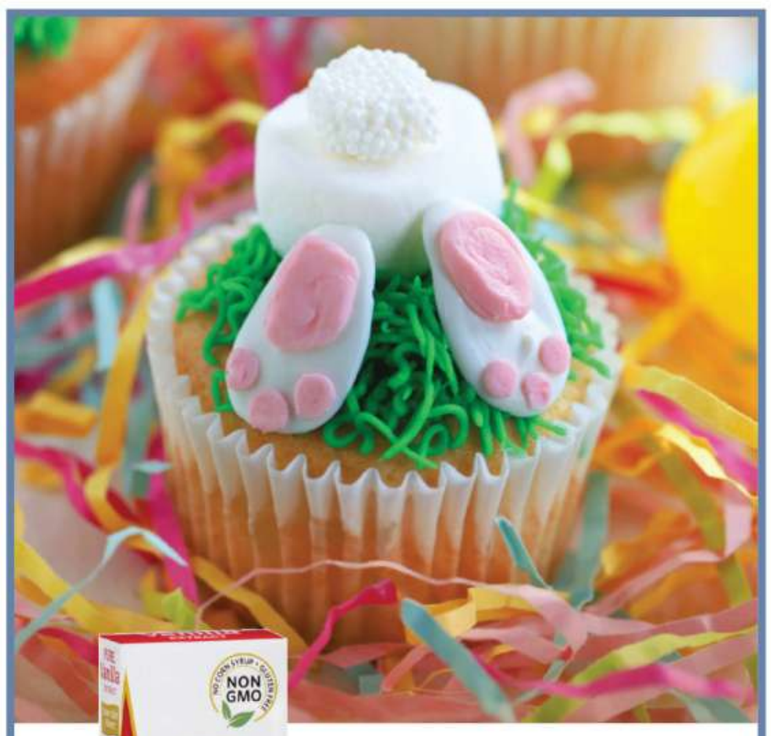

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Ice Capades

There's a humble workhorse in your kitchen, right by the fridge. In *It's Always Freezer Season: How to Freeze Like a Chef With 100 Make-Ahead Recipes,* you'll learn to lasso its powers, preserving fresh ingredients and complete heat-and-eat meals. Here are just a few *brr*-illiant ideas from the authors.

TEXT BY CLAIRE SULLIVAN

CHEF ASHLEY CHRISTENSEN and food writer Kaitlyn Goalen warmed up to their freezer big-time after collaborating on a cookbook for Poole's, Christensen's beloved Raleigh, North Carolina, diner. The couple ended up with a gold mine of extra goodies from recipe testing—think béchamel, compound butters, and meat and vegetable stocks. "We froze a lot of those leftovers and spent the next year using them up, which turned into a fun way to make our home cooking much more delicious," says Goalen. In *It's Always Freezer Season* (Ten Speed Press) they share their expertise, and the contents of their shelves. "It's not all waffles and pints of ice cream," says Christensen (though they do offer a mean sage-and-sausage-waffle recipe). One section of the book is devoted to savvy storage tips—we highlight a handful here—but the bulk is recipes for sides, mains, and even drinks and desserts that freeze beautifully and thaw in the fridge or at room temperature. You'll find everything from pulled pork shoulder to miso-caramel shortbread to negronis. Devote a quiet afternoon to defrosting (and reading a novel), and a four-star dinner is served.

Label Smarts

Christensen and Goalen use colorful, freezer-friendly masking tape to mark items and meals with their names, freezing dates, and expiration dates (the book has a handy chart). You can also note reheating instructions. Make sure contents fit snugly in their containers, whether glass jars or resealable bags, and stash individual portions for solo meals.

Cold Storage

Deputy food editor Greg Lofts loves the authors' quiche Lorraine, which you can freeze whole after baking and reheat quickly for brunch (for the recipe, see page 95). In fact, any dishes that incorporate beaten eggs, such as breakfast burritos and casseroles, freeze like a dream; just bake or microwave them from frozen. Consider storing these other ingredients on ice, too.

1 – DAIRY

You can preserve dense cheeses like cheddar, Parmigiano-Reggiano, and Gruyère, as well as butter, without sacrificing texture. (Milk, cream, buttermilk, and soft cheeses should stay in the fridge.)

2 – PRODUCE

Blanch vegetables first to nix the enzymes that would otherwise make them mushy. Precooked items like butternut-squash soup, stewed beans, and applesauce will taste totally fresh after thawing in the fridge.

3 – MEAT & SEAFOOD

To prevent freezer burn, the authors suggest vacuum-sealed plastic bags for these, whether raw or cooked. Be mindful when defrosting fish and shellfish; thaw them fully in the fridge for at least 24 hours to avoid mealiness.

4 – GRAINS & NUTS

These pantry items last way longer in the cold; the same goes for baked bread (slice it first), croissants, piecrust, and fresh or cooked pasta.

PHOTOGRAPHS BY LAUREN VIED ALLEN

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April

"It is true, as they say, that the blossoms of spring are all the more precious because they bloom so briefly."

—**Murasaki Shikibu, *The Tale of Genji***

PHOTOGRAPH BY GEMMA COMAS

Garden OF *Delights*

BEAUTIFULLY CONTAINED

The sun rises over Martha's perennial garden, which is enclosed to protect it from hungry herbivores. "Good fences make good gardens," says Martha of the sturdy, eight-foot-tall steel structure. "I'm not one for quaint fences," she admits. "I prefer them to be utilitarian and well-made, and I do think this one is pretty."

When fate (in the form of a mole-cricket invasion) forced Martha to relocate her vegetable plot eight years ago, she filled the space with a different kind of sustenance: wave after wave of breathtaking perennial flowers. Today, the landscape bursts with a rainbow of romantic blooms from spring through fall. Wander in for a top-of-the-season tour.

PHOTOGRAPHS BY NGOC MINH NGO | TEXT BY MELISSA OZAWA

"THIS IS A GARDEN OF VARIETY," says Martha of her perennial flower plot in Bedford. Blousy roses climb tuteurs and arbors, spires of purple and pink lupines rise up regally, vibrant poppies punctuate the landscape, and chartreuse sprays of lady's mantle spill onto paths. Animated with color and abuzz with pollinators, the 150-by-90-foot spread teems with more than 200 different types of blooms. "I'm a collector," she explains. "I love to learn by having as much diversity as I can."

The expanse is an ode to Turkey Hill, Martha's former home and garden in Connecticut, which itself was inspired by trips she made to Claude Monet's at Giverny, in France. It originally grew vegetables, but she had to relocate them after an onslaught of mole crickets, and set out to create her "dream garden" in their place.

She started in 2013, transplanting a dozen or so old-fashioned roses from Lily Pond, her home in East Hampton, New York. Then she began to fill the quadrants with flowering perennials. To create a painterly scape, she varied colors, heights, textures, and bloom times, and plotted plants at random, rather than in a formal grid. Today, she takes care to keep any single species from overtaking the scene, cutting back the roses and asters to keep them from getting too large. "Gardens have to be tall and short, bushy and thin, clustered and individual," she says.

And ever-changing. "I like to experiment," says Martha, who hunts for seed packets on travels and scours catalogs for unusual varieties. New discoveries join favorites saved from the previous year. Aside from tubers, bulbs, corms, and an occasional nursery find, she and her gardeners grow most varieties from seed, a practice that is more cost-effective than buying plants in pots, and lends more variety. Of course, some experiments fail. Last year, Martha removed overly aggressive coreopsis and rudbeckia that were running wild.

"I love to see how the garden changes," she says. "It's always full of surprises." A seedling pops up, giving rise to an unexpected combination, or a cultivar stretches its footprint. But the uplifting effect is constant. "It's the last garden you see when you leave the property," says Martha. "And the first one to welcome you back home."

MAGIC TOUCHES

***Above*: Martha contrasts purple 'Universe' alliums with white-bearded irises and red Oriental poppies (*Papaver orientale*), whose seeds she originally saved from Turkey Hill. *Below, from left*: In one spot, rust-colored *Baptisia* 'Cherries Jubilee' echoes the bronzy hue of *Rodgersia* foliage and firework-like *Allium schubertii*. In another, she incorporates lavender *B.* 'Bubbly' with 'Universe' alliums and the feathery white *Aruncus* (in the background). "I love *Baptisia* and must have 10 different varieties," she confesses.**

ROSE FEVER

Babcia Helen, Martha's paternal grandmother, raised and propagated dozens at home. Martha followed suit, winning blue ribbons from the Nutley Women's Club (in New Jersey) for ones she grew herself, and has been a "rose addict" ever since, growing hundreds around the farm. Here, 'Constance Spry', the fragrant David Austen variety, winds up a tuteur she brought from Turkey Hill. It blooms profusely every June.

ARCH ELEGANCE

Martha recently updated the plot's two main paths, edging the sides with black granite bricks that elevate and define them, but also help prevent soil and gravel runoff after heavy storms. Next she laid down stone dust and pea gravel. Inspired by the way nasturtiums blur the paths' borders at Giverny, she planted lady's mantle (*Alchemilla mollis* and *A. erythropoda*) to do the same. Reddish-pink 'Benjamin Britten' roses climb an arbor.

FREE STYLE

A bird's-eye view reveals the garden's intricate swath of lupines in varying shades of pink and purple, poppies, and globes of alliums. In the coming weeks, these blooms will fade and make way for summer flowers like lilies, hollyhocks, asters, and daisies. For easy access to weed, cut blooms, and deadhead, Martha recently added stepping stones. "Otherwise you trample your plants and feel bad," she says.

Sweet *Sashiko*

The name of the delicate needlework style that sparked our designs loosely translates as "stabs." These, however, are no-stitch (and no-poke). Use a store-bought template and pencil to draw dashed rings or circles (or DIY some dotted lines) onto a dyed or natural egg. Then go over your design with a blue or white oil-based paint pen. When it's dry, erase the pencil marks and put all your eggs in one pretty basket. You've got a spring centerpiece all "sewn" up.

THE DETAILS: Pysanka template set, *$9, ukrainiangiftshop.com.* **Craft Smart extra-fine paint pens,** *$4 each, michaels.com.* **My Hope bamboo basket,** *$15, amazon.com.* **Toast *kantha* bedspread,** *in Ecru/Kohl (used as tablecloth), $300, toa.st. Opposite:* **Denim batik egg dye,** *$1.75, bestpysanky.com.* **Kamakura bamboo baskets,** *2.38" by 5.5", $2.50 each, mtckitchen.com.*

Lovely IN TRANSLATION

Traditional Japanese handicrafts turn everyday items like clothing, blankets, and even broken ceramics into one-of-a-kind keepers. We took inspiration from a half-dozen classic techniques to decorate Easter eggs, and the results are artful, arresting, and a breeze to make. All you need is simple supplies and a steady hand.

Photographs by NGOC MINH NGO
TEXT BY ELENI N. GAGE
CREATED BY TANYA GRAFF & SILKE STODDARD

Stunning *Shibori*

In this ancient practice, fabric is twisted, stitched, or bound with string, then dipped in indigo to produce resist-dyed prints. We found egg dye in the same deep blue, and created the patterns using office supplies: Make lines with rubber bands or washi tape, or apply dot stickers for circles, then submerge the eggs; remove and let dry fully before peeling anything off. For an extra-special presentation, tuck them into mini baskets made for holding sushi or sashimi.

SAFETY NOTE *The pens, dyes, and paints in this story are not food-safe. Use hard-boiled eggs you won't eat, or hollowed-out ones, which you can order or blow out (for a link to our video how-to, see page 79).*

Alex

Swishy *Sumi-e*

This fine art's signature is black-ink brushstrokes on rice paper. To use a white egg as your canvas, thin black acrylic craft paint with water to the consistency of mayonnaise, and swipe lines or abstract shapes onto one side with a round brush. Let it dry, then decorate the other. Do the same to natural brown eggs with white and black paint, and group them in different-size bowls. Handwritten name cards tied to eggs cradled in raffia complete the well-scripted theme (adapted from the classic art book *How to Wrap Five Eggs: Japanese Design in Traditional Packaging*). For the raffia how-to, go to page 101.

THE DETAILS: Paper twist, *in Natural Khaki Tan, $3 for 6 yd.; and* **natural dried raffia ribbon,** *$1.25 for 2 oz., factorydirectcraft.com.* **Sheldon Ceramics Silverlake dinner plates,** *in Classic White, $58 each; and* **salad plates,** *$48 each, sheldonceramics.com.* **Sabre Bistro Vintage Finish cutlery set,** *in Buffalo, $115 for 5 pieces, jennikayne.com.* **Roman and Williams Guild fringed flax-linen napkins,** *in White, 20" by 20", $22 each, rwguild.com.* **Bloomist ikebana vase,** *in Small, $38; and* **multistem brass frog,** *$28, bloomist.com.*

Textured *Temari*

A clutch of colorful faux eggs, made from spun cotton, will age beautifully in your permanent collection. *Temari,* the ornate balls they're modeled on, are often exchanged as tokens of friendship and are also meant to be cherished. They're made by wrapping wads of fabric scraps in thread, then embroidering the outer layer. Our shortcut method is less involved, but still eye-catching. For the how-to, see page 102.

THE DETAILS: Spun cotton eggs, *30mm, 40mm, 45mm, and 60mm, from $7.50 for 12, smilemercantile.com.* **Martha Stewart multisurface satin acrylic craft paint,** *in assorted colors, amazon.com.* **Olympus *sashiko* thread,** *in assorted colors, $2.25 for 20 m, purlsoho.com.* **Bamboo tempura baskets,** *6" (handles removed), $15 each, mtckitchen.com.*

ART DIRECTION BY ABBEY KUSTER-PROKELL

Crackling *Kintsugi*

Translated as "golden joinery," this pottery-repair technique proves that flaws can look totally finessed. Traditionally, it calls for filling cracks with real gold lacquer, but our "kinda-*sugi*" eggs aren't broken. Just dip a fine-tip paintbrush into liquid gold-leaf paint and freehand a few "fissures." Humpty-Dumpty, there's hope for you yet.

THE DETAILS: Plaid Liquid Leaf one-step leafing paint, *in Classic Gold, $6 for 0.75 oz., createforless.com.* **Hollow natural chicken, turkey, and duck eggs,** *nakedeggs.etsy.com.* **Fog Linen Work brass round tray,** *in Medium (similar to shown), $49, shop-foglinen.com.* **Vintage eggcups,** *available at ebay.com.*

GO TO THE REEL

To learn how to blow out an egg, hover your smartphone's camera here, or go to *marthastewart.com/blowoutegg* to watch our video.

SALAD DAYS

It's the moment we've all been waiting for. Delicate, new vegetables are sprouting at the market, signaling that spring is truly here. With our imaginative recipes, you can enjoy all those tender lettuces, tiny beets and radishes, and sculptural asparagus and artichokes at their absolute freshest: tossed in mouthwatering combinations and dressed to thrill.

PHOTOGRAPHS BY
GENTL AND HYERS
TEXT BY
EMILY NUNN
RECIPES BY
LAURYN TYRELL

WATERCRESS, STRAWBERRY, AND TOASTED-SESAME SALAD

For all the recipes in this story, see page 96.

BITTERSWEET SYMPHONY

Opposite flavors attract in this composition of peppery watercress and honey-luscious strawberries, and the result is a unanimous hit. It takes just a few minutes (and even fewer ingredients) to assemble the opus of bright colors and flavors. Feta adds a tangy spark; toasted sesame seeds and roasted tamari almonds offer savory crunch (you can find the almonds in the dried-fruit-and-nuts section of the grocery store); and sherry vinegar has an earthy note that tempers the dressing's acidity.

GENTLE GIANT

Soft springtime lettuces are famously delicious piled high on their own (there must be a fan club for the insalata verde at New York City restaurant Via Carota). But they make an ideal foundation for a substantial meal, too. In this instance, red- and green-leaf and pale Bibb are tossed in a creamy vinaigrette and layered with salty strips of prosciutto (you can sub in another cured ham, like speck) and fresh sweet peas (frozen are fine, too; just run them under cool water in a sieve—no cooking necessary). A final sprinkling of poppy seeds lends a touch of crunch.

SOFT LETTUCES WITH PROSCIUTTO, PEAS, AND POPPY SEEDS

GREAT LENGTHS

Our favorite harbinger of spring: bundles of slender asparagus standing at attention. Like clockwork, chefs start serving gribiche, the classic dish of steamed spears with a sauce of minced egg, capers, cornichons, and herbs. We gave it a modern makeover, grilling the vegetable until lightly charred but still crisp, then piling it on a platter with sliced hard-cooked eggs. The thyme-scented mustard vinaigrette, chock-full of cornichons and capers, however, preserves all the briny goodness of the original.

SLOW-ROASTED-SALMON SALAD WITH BARLEY AND GOLDEN BEETS

SEAFOOD SPECIAL

Pale-pink salmon, golden beets, and vivid parsley—the prettiest shades of the season are all here. And they come together post-haste. The fish, topped with thin lemon slices, slow-roasts for 20 minutes, then browns under the broiler. While that's happening, try our unusual beet technique: Rather than baking them (which takes forever), slice the root vegetables super-thin and stir-fry them with scallions into caramelized bites. Toss them with barley, nestle the salmon into it, and serve family-style.

ARTICHOKE SALAD WITH WARM TOMATO VINAIGRETTE

FULL HEARTS

It's hard to beat an Italian stuffed artichoke filled with breadcrumbs, garlic, and oregano. But this newfangled beauty, which channels a classic panzanella, just might. Steam the artichokes, let them cool, and scoop out the innermost leaves and chokes. Next, prepare a warm vinaigrette punched up with chopped tomato, capers, and croutons torn from a baguette and toasted in the oven. Spoon a bit of the mixture into the centers, then toss the rest with a mix of bacon lardons and snappy chicories, and fill 'em up. Ladies and gentlemen, lunch is served.

FRIED-CHICKEN SALAD WITH SUGAR SNAP PEAS AND GREEN-GODDESS RANCH

PICNIC PLATTER

This crowd-pleaser combines crunchy Little Gem, sweet sugar snap peas, refreshing fennel, and avocado—plus a whiff of heat from a chile pepper. But let's be honest: The golden chicken tenders are the biggest draw. Tossed in a yogurt-mayo base, coated with panko, and shallow-fried in olive oil, they bring fatty crunch and savory heft to the table. A creamy, herby green-goddess ranch dressing complements the hearty dish. Serve it on the side for light drizzling (and unlimited dunking).

ART DIRECTION BY JAMES MAIKOWSKI; FOOD STYLING BY FRANCES BOSWELL; PROP STYLING BY AYESHA PATEL

SUPER BOWL

Cold peanut noodles get a fresh reboot in our veg-forward version. After mixing thin spaghetti or ramen with the gingery sesame sauce, you fry garlic slivers for the garnish, then season shrimp with salt and pepper and sizzle them in the same pan. Now it's time to build your bowl. Noodles go in first, followed by a few succulent shrimp. Then the salad: an aromatic bouquet of cucumber, radishes, cilantro, and mint, and those irresistible garlic chips for extra ka-pow.

PEPPER-SHRIMP-AND-NOODLE SALAD WITH CRUNCHY SPRING VEGETABLES

Raise a Scoop

Classic sorbet calls for a simple juice-to-sugar ratio that you can customize to fit your ingredients, your menu, and your fancy. Once you have the basic math down, have some fun. Embolden blood orange with fresh rosemary or thyme, spike grapefruit with Aperol or Campari, or take tangerine up a notch with a squeeze of lime. Quick mixing tip: When adding any liquor, restrain the pour, as too much booze will overwhelm the fruit and impede freezing. The upshot is a refreshing aperitif you can eat with a spoon.

BLOOD-ORANGE, GRAPEFRUIT, AND TANGERINE SORBETS

SWEET ON CITRUS

The world's juiciest fruits brighten any dish, but they really dazzle in desserts. These treats feature fragrant slices, fresh-squeezed splashes, and aromatic zest from a hit parade of varieties. Fill your basket up with the season's best, and serve some sunshine.

PHOTOGRAPHS BY PAOLA + MURRAY
TEXT BY AMY SCATTERGOOD
RECIPES BY SHIRA BOCAR

CITRUS UPSIDE-DOWN CAKE

For all the recipes in this story, see page 99.

Frame a Stunner

This creation looks formidable, but it's practically foolproof. You slice peeled oranges into rounds, nestle them in a butter-rum glaze in a square pan, spread the batter over them, bake, and flip. To achieve the effect of the stained-glass windows at Chartres, we combined blood oranges, Cara Caras, and mandarins. And to balance the rich "topping," the cake gets a subtle tang from sour cream.

Divide and Conjure

...a really good riff on New York black-and-white cookies. These beauties get their blush from ruby-red-grapefruit juice and a couple of drops of food coloring. In a twist on the traditional vanilla flavor, we zested a grapefruit to infuse both the cookies and pink icing with zing. Likewise, buttermilk amps up the batter, and Dutch-process cocoa enriches the chocolate frosting. For one last master stroke, turn the cookies over after you bake them, so you ice the flat undersides rather than the domed tops.

BLACK-AND-PINK-GRAPEFRUIT COOKIES

LIME-COCONUT
CREAM-PIE JARS

Take a Dip

These individual cream “pies” get silkiness from coconut milk and a lift from limes. They’re also fun to make, especially if you have kids who love spooning stuff into containers. Bake the graham-cracker crust and divide it into mini jars, add a tier of custard and another of whipped cream, and finish with toasted coconut flakes and more zest. The payoff—other than the dreamy concoction itself, most of which can be made in advance—is experiencing the lovely layers in every bite.

Have a Ball

Astonishingly easy and unbelievably light—that's how we'd sum up these crisp fritters. Just whisk ricotta with eggs, sugar, flour, and a few other basic ingredients; stir in fresh lemon and orange zest; and drop spoonfuls of the batter into hot oil. (If you don't have a deep-fry thermometer, here's a great reason to buy one.) The dough sizzles into burnished gold orbs quickly, so keep a close watch. Then gently roll them in sugar and sprinkle with more zest—and get ready to make another batch in a hot minute.

CITRUS-SCENTED RICOTTA FRITTERS

ART DIRECTION BY JAMES MAIKOWSKI; PROP STYLING BY TANYA GRAFF; FOOD STYLING BY JUDY KIM

CANDIED-ORANGE CHOCOLATE-CARAMEL TART

Strike It Rich

This knockout is a paean to the legendary chocolate-caramel tart created by the equally legendary pastry chef Claudia Fleming. Here, the crust is built with crushed chocolate wafers, then topped with caramel flavored with the syrup left from candying orange peel. It's a smart way to use up the liquid while imparting a citrusy taste sans juice, which can turn bitter when caramelized. A thick stratum of chocolate ganache follows, and sprinklings of the candied zest and fleur de sel glimmer on top like encrusted jewels.

The Workbook

| RECIPES, HOW-TOS, AND SOURCES FROM THIS ISSUE |

These stunning *shibori*-inspired eggs are easy to make—and they will elevate your Easter. Get all the details on the following pages.

PHOTOGRAPH BY NGOC MINH NGO

A TASTE OF SPRING

PAGE 13

Light Vegetable Stock

- **1 large or 2 small leeks, light- and dark-green parts only**
- **1 large carrot, scrubbed and cut into 2-inch pieces**
- **1 celery stalk, cut into 2-inch pieces**
- **1 cup good-quality vegetable broth, such as Aneto, or water**

Combine all ingredients with 4 cups water in a medium saucepan. Bring to a simmer over medium-high heat, then reduce heat to low and simmer, partially covered, 30 minutes. Strain and discard solids; let cool completely. Stock can be refrigerated in an airtight container up to 3 days, or frozen up to 3 months.

ACTIVE TIME: 5 MIN. | **TOTAL TIME:** 35 MIN., PLUS COOLING | **MAKES:** ABOUT 4 CUPS

ICE CAPADES

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Quiche Lorraine

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- **1 pie shell (9 inches; for a recipe, see *marthastewart.com/patebrisee*, using just 1 disk)**
- **3 large eggs**
- **¾ teaspoon sea salt**
- **¾ cup heavy cream**
- **¾ cup whole milk**
- **6 ounces Jarlsberg, shredded**
- **2 ounces Grana Padano or Parmigiano-Reggiano, finely grated**
- **8 ounces cremini mushrooms, sliced**
- **½ cup thinly sliced shallots**
- **5 slices bacon, cooked until crisp and coarsely chopped**

1. Preheat oven to 350˚. Line pie shell with parchment and fill with pie weights, dry beans, or raw rice. Bake 30 minutes. Remove weights and parchment; bake until crust is cooked through and golden brown, 15 minutes more. Let cool completely on a wire rack.

2. In a large bowl, whisk eggs and salt until blended. Add cream and milk and whisk to incorporate fully. Set aside. In a small bowl, mix together Jarlsberg and Grana Padano. Layer one-third of cheese mixture in pie shell. Next, layer half of mushrooms, followed by half of shallots, and then half of bacon. Repeat these four layers, beginning with half of remaining cheese, and ending with rest of cheese. Pour egg mixture over layers. Cover edge of crust with foil to prevent overbrowning.

3. Bake quiche, rotating pan 180 degrees halfway through, until filling is set, 40 to 50 minutes. Transfer to a wire rack and let cool about 10 minutes, if serving immediately. If freezing, let cool to 70˚, then transfer to refrigerator and chill to 40˚.

4. Freezing: If freezing whole quiche, wrap in two layers of plastic. Label and date, and freeze up to 3 months. To freeze individual portions, cut quiche into 8 slices and arrange on a rimmed baking sheet. Freeze at least 4 hours and up to overnight for a formative freeze. Wrap each frozen slice in plastic, place all of the slices in a resealable plastic bag, label and date, and return to freezer for up to 1 month.

5. Reheating: If reheating whole quiche, unwrap, place in a cold oven, and heat to 325˚. When oven reaches temperature, bake until warm throughout or a thermometer inserted into center registers

ECO TIP

TO RECYCLE ALUMINUM FOIL, FIRST WIPE OFF ANY RESIDUAL FOOD OR OIL. THEN CRINKLE PIECES INTO A BALL AND GROUP WITH OTHER METALS FOR CURBSIDE PICKUP.

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150˚, 60 to 70 minutes. If reheating individual slices, unwrap, place on a rimmed baking sheet, place in a cold oven, and heat to 325˚. When oven reaches temperature, bake until warm throughout, 10 to 15 minutes.

SERVES: 8

SALAD DAYS

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Watercress, Strawberry, and Toasted-Sesame Salad

- **2 tablespoons sesame seeds**
- **2 tablespoons extra-virgin olive oil**
- **1 tablespoon sherry vinegar**
- **Kosher salt and freshly ground pepper**
- **4 cups lightly packed watercress, tough stems removed**
- **2 cups sliced strawberries (8 ounces)**
- **¼ cup roasted tamari or salted almonds, coarsely chopped**
- **3 ounces feta, crumbled (¾ cup)**

1. Toast sesame seeds in a small skillet over medium-high heat, shaking frequently, until fragrant and golden brown, 1 to 2 minutes. Transfer to a plate; let cool.

2. Meanwhile, whisk together oil and vinegar in a large bowl. Season with salt and pepper. Add watercress, strawberries, almonds, sesame seeds, and feta. Toss gently to combine; season to taste. Serve immediately.

ACTIVE/TOTAL TIME: 15 MIN. | **SERVES:** 4

Soft Lettuces With Prosciutto, Peas, and Poppy Seeds

If fresh peas are unavailable, you can use frozen. You don't need to cook them—just run them under cool water in a sieve to thaw.

- **1 teaspoon finely grated lemon zest, plus 4 teaspoons fresh juice**
- **4 teaspoons white balsamic vinegar**
- **1 teaspoon finely chopped shallot**
- **Kosher salt and freshly ground pepper**
- **¾ cup shelled fresh English peas**
- **¼ cup mayonnaise**
- **¼ cup extra-virgin olive oil**
- **10 cups tender spring lettuce, such as Bibb, red leaf, or green leaf, or a combination**
- **4 ounces sliced prosciutto or speck, torn into strips**
- **1 teaspoon poppy seeds**

1. In a small bowl, whisk together lemon zest and juice, vinegar, and shallot. Season with salt and pepper; let stand 10 minutes. Meanwhile, cook peas in a small pot of boiling salted water until just tender, about 2 minutes. Drain.

2. Whisk mayonnaise and oil into vinegar mixture; season to taste. Toss lettuce with half of dressing and divide among plates, along with prosciutto. Toss peas with remaining dressing and mound on top. Sprinkle with poppy seeds; serve immediately.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 30 MIN.
SERVES: 4

Grilled Asparagus With Caper-Cornichon Vinaigrette

You can also make this dish with leeks, or use the vinaigrette as an accompaniment for grilled or roasted fish.

- **3 large eggs**
- **1 tablespoon white-wine or Champagne vinegar**
- **1 tablespoon country-style Dijon mustard**
- **¾ teaspoon sugar**
- **¼ cup extra-virgin olive oil, plus more for drizzling**
- **2 tablespoons capers, drained and coarsely chopped**
- **2 tablespoons finely chopped small cornichons (about 6)**
- **2 teaspoons fresh thyme leaves**
- **Kosher salt and freshly ground pepper**
- **1 pound asparagus, trimmed**

1. Prepare an ice-water bath. Bring a small pot of water to a simmer over medium heat. Lower eggs into water; cook 9 minutes. Transfer to ice bath; let stand until cool enough to handle. Peel and slice into rounds.

2. Whisk together vinegar, mustard, and sugar. Slowly whisk in oil, then capers, cornichons, and thyme. Season to taste.

3. Preheat a grill or grill pan to medium-high. Drizzle asparagus lightly with oil and season with salt and pepper. Grill, turning once, until crisp-tender and charred in places, 3 to 4 minutes. Transfer to a platter, top with eggs, and spoon vinaigrette over top; serve.

ACTIVE/TOTAL TIME: 20 MIN. | **SERVES:** 4 TO 6

Slow-Roasted-Salmon Salad With Barley and Golden Beets

If you can't find golden beets, red ones are a fine substitute, though they will impart their hue to the rest of the dish.

- **1¼ pounds skinless salmon fillet (about 1 inch thick)**
- **Kosher salt and freshly ground pepper**
- **1 small lemon, very thinly sliced into rounds (½ cup), plus 2 tablespoons fresh juice**
- **½ cup extra-virgin olive oil, plus more for drizzling**
- **2 medium golden beets (12 ounces), trimmed and scrubbed**
- **6 scallions, white and light-green parts separated and thinly sliced (a packed ½ cup), dark-green tops sliced**
- **3 cups cooked barley, farro, or brown rice, room temperature**
- **1 cup fresh parsley leaves**

1. Preheat oven to 325˚ with a rack 6 inches from heating element and another in center. Season fish with salt and pepper; place in a broiler-proof skillet or baking dish, skinned-side down. Season lemon slices and scatter over top; drizzle 6 tablespoons oil over everything. Roast on center rack until fish is almost cooked through but still translucent-pink in center, 18 to 20 minutes. Spoon some of oil from skillet over fish.

Spring Round Up

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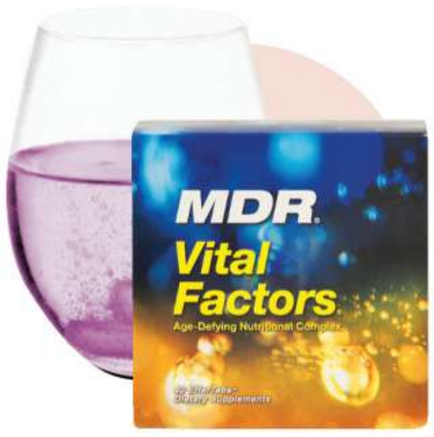

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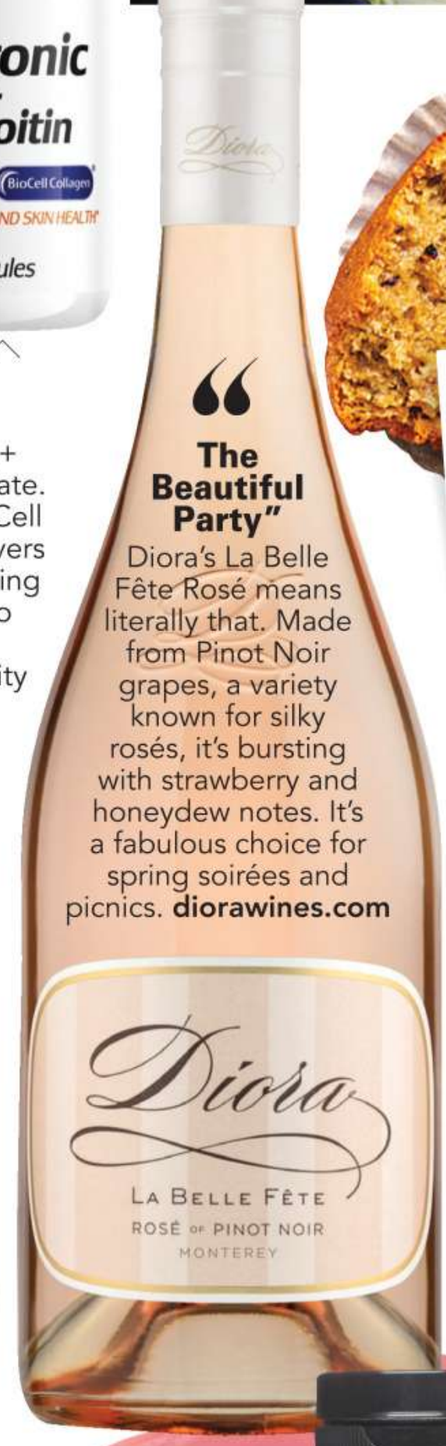
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Switch oven to broil; transfer to top rack and broil until lemons are lightly charred in spots and fish is just cooked through, 3 to 5 minutes more. Let cool slightly.

2. Meanwhile, using a mandoline or a sharp knife, slice beets into very thin rounds, about ⅛ inch thick (you should have about 2 cups). Season with salt and drizzle with oil. Let stand, stirring occasionally, until softened slightly, 10 minutes; drain.

3. Heat remaining 2 tablespoons oil in a large nonstick skillet over medium-high. Add beets and cook, stirring occasionally, 5 minutes. Add scallion whites and light greens; continue cooking until softened and lightly caramelized, about 5 minutes more. Remove from heat; season to taste and stir in lemon juice. Toss in a large bowl with barley and half of broiled lemon slices. Fold in ¾ cup parsley and scallion dark-greens; season to taste. Mound on a platter and top with fish and remaining lemon slices; sprinkle with remaining ¼ cup parsley and drizzle with a bit of oil from roasting skillet. Serve.

ACTIVE TIME: 30 MIN. | **TOTAL TIME:** 1 HR. 5 MIN. | **SERVES:** 6

Artichoke Salad With Warm Tomato Vinaigrette

A rustic sourdough loaf or ciabatta can be swapped in for the baguette to make the croutons. Letting them sit in the tomato vinaigrette for a few minutes allows them to soak up the juices and soften slightly.

- **2 large artichokes (1½ pounds total)**
- **½ lemon**
- **Kosher salt and freshly ground pepper**
- **3 ounces baguette, crust removed, torn into ¼-to-½-inch pieces (about 1 packed cup)**
- **¼ cup extra-virgin olive oil**
- **3 ounces thick-cut bacon (2 slices), cut crosswise into ½-inch-thick pieces**
- **¼ cup finely chopped shallot**
- **2 tablespoons plus 1 teaspoon red-wine vinegar**
- **1 tablespoon capers, drained**
- **1 medium tomato, chopped (¾ cup)**
- **1 teaspoon fresh oregano leaves, finely chopped**
- **4 cups packed torn chicories, such as frisée, escarole, radicchio, or a combination**
- **½ cup fresh basil leaves, torn if large**

1. Snap tough outer leaves off artichokes; using a serrated knife, remove top third from each. Trim stems so artichokes stand upright. Rub cut surfaces with lemon (to prevent discoloration).

2. Place artichokes in a wide pot, stemmed-sides up. Add enough water to come about a third of the way up sides. Season water with salt and bring to a boil. Reduce heat to medium, cover, and steam until artichoke hearts are tender when pierced with the tip of a knife, about 30 minutes. Transfer, stemmed-sides up, to a towel-lined plate to drain. When cool enough to handle, use a spoon to remove center leaves from each artichoke, then to scrape out and discard chokes. Transfer artichokes to refrigerator.

3. Meanwhile, preheat oven to 375˚. On a rimmed baking sheet, toss bread with 2 tablespoons oil and season with salt and pepper. Bake until golden and crisp, 10 to 12 minutes.

4. Cook bacon in a small nonstick skillet over medium-high heat until fat has rendered and bacon is crisp, 4 to 6 minutes. Using a slotted spoon, transfer to paper towels; discard all but 1 tablespoon fat from skillet. Add 1 tablespoon oil, shallot, and a pinch of salt; cook over medium heat until softened, 2 to 3 minutes. Add 2 tablespoons vinegar and capers; cook until reduced slightly, 2 to 3 minutes. Stir in tomato and season with salt and pepper; cook until heated through, about 30 seconds. Transfer to a large bowl and stir in oregano and croutons. Season to taste.

5. Score an X in the inside of each artichoke heart with the tip of a knife, then spoon about 1 tablespoon dressing mixture into each. Toss remaining dressing with chicories, basil, bacon, and remaining 1 tablespoon oil and 1 teaspoon vinegar. Season to taste; divide between artichokes and serve.

ACTIVE TIME: 1 HR. | **TOTAL TIME:** 1 HR. 45 MIN. | **SERVES:** 2

Fried-Chicken Salad With Sugar Snap Peas and Green-Goddess Ranch

You can use any combination of tender herbs in the dressing. Tarragon, dill, and parsley also all work well.

- **½ cup plain Greek yogurt**
- **½ cup mayonnaise**
- **1¼ pounds chicken tenders**
- **Kosher salt and freshly ground pepper**
- **¼ teaspoon grated garlic (from 1 small clove)**
- **½ teaspoon finely grated lime zest, plus 4 teaspoons fresh juice**
- **½ teaspoon Dijon mustard**
- **¼ cup finely chopped fresh cilantro leaves**
- **¼ cup finely chopped fresh chives**
- **1 tablespoon extra-virgin olive oil, plus more for frying and drizzling**
- **1 cup panko**
- **1 ounce Parmigiano-Reggiano, finely grated (¼ cup)**
- **6 cups chopped Little Gem or iceberg lettuce, or a combination**
- **1 cup thinly sliced fennel (from ½ bulb)**
- **1 cup julienned sugar snap peas (2 ounces)**
- **1 jalapeño or Fresno chile, thinly sliced**
- **1 avocado, sliced**

1. Whisk together yogurt and mayonnaise. In another bowl, toss chicken with ½ cup yogurt mixture; season with salt and pepper. Let stand 15 minutes (or refrigerate, covered, up to 2 hours).

2. Whisk garlic, lime zest and juice, mustard, herbs, ½ teaspoon salt, and oil into remaining ½ cup yogurt mixture (it should have a pourable consistency; if too thick, whisk in water, 1 teaspoon at a time). Cover and refrigerate until ready to use.

3. Stir together panko and cheese in a pie dish or other wide, shallow vessel to combine. Dredge a few chicken pieces at a time in mixture to coat; pat to adhere.

4. Add enough oil to a medium nonstick skillet to reach ¼ inch up sides. Heat over medium-high until a panko crumb sizzles immediately when tossed in. Working in batches, add chicken and cook, flipping halfway, until golden brown all over and cooked through, 4 to 5 minutes a batch. Transfer to a wire rack set inside a rimmed baking sheet; season with salt. Let cool slightly.

5. Toss lettuce, fennel, and snap peas with a drizzle of oil. Divide among plates and top with fried chicken, chile, and avocado. Serve, with dressing alongside.

ACTIVE TIME: 45 MIN. | **TOTAL TIME:** 1 HR. 15 MIN. | **SERVES:** 4

Pepper-Shrimp-and-Noodle Salad With Crunchy Spring Vegetables

Use a mandoline to get very thin, even slices of garlic.

- **2 tablespoons smooth natural peanut butter**
- **2 tablespoons unseasoned rice vinegar**
- **2 tablespoons reduced-sodium soy sauce or tamari**
- **1 tablespoon pure maple syrup**
- **1 teaspoon grated fresh ginger**
- **1 teaspoon hot sesame oil**
- **½ cup vegetable oil**
- **10 ounces wheat noodles, such as fresh or dry ramen, or thin spaghetti**
- **¼ cup very thinly sliced garlic (from 10 to 12 cloves)**
- **Kosher salt and freshly ground pepper**
- **12 ounces large shrimp, peeled and deveined**
- **1 cup julienned English cucumber**
- **1 cup julienned watermelon radishes or green radishes, or a combination**
- **Fresh mint and cilantro leaves, for serving**

1. In a bowl, whisk together peanut butter, vinegar, soy sauce, maple syrup, ginger, and 2 teaspoons water. Whisk in sesame oil and 2 tablespoons vegetable oil to combine. Meanwhile, cook noodles in a pot of boiling water according to package instructions. Drain; rinse under cold water. Toss with half of dressing.

2. Combine remaining 6 tablespoons vegetable oil with garlic in a nonstick skillet. Cook over medium-low heat, swirling pan occasionally, until garlic is crisp and golden, 6 to 8 minutes. Transfer with a slotted spoon to paper towels; season with salt. Return skillet to medium-high heat. Pat shrimp dry; season lightly with salt and generously with pepper. Add to skillet and cook, turning once, until pink and cooked through, 2 to 3 minutes total. Transfer to paper towels.

3. Divide noodles among bowls. Top with cucumber, radishes, herbs, shrimp, and garlic chips. Serve, with remaining dressing alongside.

ACTIVE TIME: 40 MIN. | **TOTAL TIME:** 55 MIN. **SERVES:** 4

SWEET ON CITRUS

PAGE 88

Grapefruit Sorbet

To create the tricolor combo on page 88, make all three variations and put them in separate containers in the freezer. When all are firm (but not frozen solid), transfer one flavor into one side of an 8-by-5-inch loaf pan so it fills one third of the length. Add another flavor to fill the adjacent third of the pan, then the final flavor to fill completely. Freeze until firm, about two hours. Freshly squeezed juices can also be found in the produce section of many grocery stores.

- **3 cups fresh grapefruit juice (from about 3½ pounds fruit), strained**
- **¼ cup Campari or Aperol**
- **¾ cup sugar**
- **Large pinch of sea salt**
- **1 tablespoon fresh lemon juice**

1. In a saucepan, heat 1 cup grapefruit juice, Campari, sugar, and salt over medium until sugar has dissolved, about 5 minutes. Remove from heat. Transfer to a heatproof container and stir in lemon juice and remaining 2 cups grapefruit juice. Cover and refrigerate until cold, at least 2 hours and up to overnight.

2. Put a loaf pan or similar container in the freezer. Churn juice mixture in an ice cream maker according to manufacturer's instructions. Transfer to chilled pan and freeze until firm, about 4 hours.

3. For the best texture, let stand at room temperature 10 minutes to soften slightly. Use an ice cream scoop dipped in hot water, then wiped dry, to serve. Sorbet can be stored, covered, in freezer up to 2 weeks.

ACTIVE TIME: 10 MIN. | **TOTAL TIME:** 6 HR. 30 MIN. | **MAKES:** 1 QUART

VARIATIONS

Tangerine: Use tangerine juice instead of grapefruit; omit the Campari. In place of the lemon juice, use 2 tablespoons fresh lime juice.

Blood orange: Use blood-orange juice instead of grapefruit; omit the Campari. Lightly crush a sprig of thyme or rosemary in your hand and add to sugar mixture while heating. Combine with remaining juice and let steep 20 minutes, then strain before refrigerating.

Citrus Upside-Down Cake

CAKE

- **1 stick unsalted butter, softened, plus more for pan**
- **1¼ cups unbleached all-purpose flour**
- **1 teaspoon baking powder**
- **¼ teaspoon baking soda**
- **1 teaspoon kosher salt (we use Diamond Crystal)**
- **1 cup sugar**
- **1½ teaspoons finely grated tangerine or orange zest**
- **2 large eggs, room temperature**
- **1 teaspoon pure vanilla extract**
- **½ cup sour cream, room temperature**

TOPPING

- **3 to 4 tangerines or oranges, such as blood oranges, Cara Cara, or mandarins, or a combination**
- **4 tablespoons unsalted butter, melted**
- **½ cup sugar**
- **1 tablespoon dark rum, such as Myers's (optional)**

1. Cake: Preheat oven to 350°. Brush an 8-inch square pan with 2-inch-high sides with butter. Whisk together flour, baking powder, baking soda, and salt.

2. In a mixer fitted with the paddle attachment, beat butter with sugar and zest on medium speed until light and fluffy, 2 to 3 minutes. Add eggs, one at a time, beating well after each addition. Beat in vanilla and sour cream, scraping down sides of bowl as needed. Reduce speed to low and gradually add flour mixture.

3. Topping: With a sharp knife, slice ends off each citrus. Following curve of fruit, cut away peel, removing as much white pith as possible. Slice fruit crosswise into ¼-inch-thick rounds, and remove any seeds. In a small bowl, stir together butter, sugar, and rum. Spread mixture over bottom of prepared pan. Arrange sliced citrus over it in a snug, slightly overlapping even layer (cut some to fit into corners).

4. Spread batter over citrus. Bake until cake is golden and puffed and a tester inserted in center comes out clean, about 55 minutes. Transfer pan to a wire rack and let cool 30 minutes. Invert onto a cake plate; serve the same day, warm or room temperature.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 1 HR. 20 MIN., PLUS COOLING | **MAKES:** ONE 8-INCH CAKE

The Workbook

Black-and-Pink-Grapefruit Cookies

- **2½** cups unbleached all-purpose flour
- **1** teaspoon baking soda
- **1½** teaspoons plus a pinch of kosher salt (we use Diamond Crystal)
- **1½** sticks unsalted butter (12 tablespoons), softened
- **1** cup granulated sugar
- **2** tablespoons plus ½ teaspoon finely grated ruby-red-grapefruit zest, and 3 to 6 tablespoons fresh juice, strained (from 2 grapefruits)
- **2** large eggs
- **1¾** teaspoons pure vanilla extract
- **⅔** cup low-fat buttermilk
- **1** pound confectioners' sugar, sifted (about 3¾ cups)
- **3** tablespoons light corn syrup
- **⅓** cup Dutch-process cocoa powder
- Pink or red food coloring (optional)

1. Preheat oven to 350˚ with racks in upper and lower thirds. Whisk together flour, baking soda, and 1½ teaspoons salt. In a mixer fitted with the paddle attachment, beat butter with granulated sugar and 2 tablespoons zest on medium speed until light and fluffy, 2 to 3 minutes. Add eggs, one at a time, beating well after each addition. Beat in 1 teaspoon vanilla. Reduce speed to low and add half of flour mixture, then buttermilk, then remaining flour mixture, scraping down sides of bowl as needed. Beat until smooth.

2. Line two baking sheets with parchment. Spoon ¼ cup dough into mounds on sheets, 6 per sheet. Bake, rotating sheets and rack positions halfway through, until edges are lightly golden, 15 to 18 minutes. Transfer cookies to a wire rack; let cool completely. Repeat with remaining batter.

3. In a bowl, whisk together confectioners' sugar, corn syrup, remaining pinch of salt and ¾ teaspoon vanilla, and 3 tablespoons juice until smooth. Transfer half of icing to another bowl; whisk in cocoa and 1 to 2 tablespoons hot water until you reach desired consistency. Add remaining ½ teaspoon zest and tint with 1 to 2 drops of food coloring. (Icing should be a bit thicker than honey; if needed, whisk in more juice.)

4. Flip cookies flat-sides up. Using a small offset spatula, spread grapefruit icing over half of each cookie and chocolate icing over other half. Let stand until icing is set, about 1 hour. Cookies can be stored in a single layer in an airtight container at room temperature up to 2 days.

ACTIVE TIME: 50 MIN. | **TOTAL TIME:** 2 HR. 10 MIN. | **MAKES:** 16 LARGE COOKIES

Lime-Coconut Cream-Pie Jars

Prebaking the crust mixture lends a nutty flavor and a nice crunch; for a no-bake version, simply divide the mixture among jars or glasses and refrigerate while you make the filling.

- **6** full graham-cracker sheets (3 ounces), broken into small pieces
- **3** tablespoons unsalted butter, melted
- **¾** cup plus 1 tablespoon granulated sugar
- Kosher salt (we use Diamond Crystal)
- **6** tablespoons unsweetened coconut flakes
- **¼** cup cornstarch
- **4** large egg yolks
- **1** can (14 ounces) coconut milk
- **1** cup half and half
- **1** teaspoon finely grated lime zest, plus more for serving, and ⅓ cup fresh juice (from 2 to 3 limes)
- **1** cup sweetened shredded coconut
- **2** tablespoons unsalted butter, softened
- **½** cup heavy cream
- **1** tablespoon confectioners' sugar

1. Preheat oven to 350˚ with racks in upper and lower thirds. Pulse graham crackers in a food processor until finely ground. Add butter, 1 tablespoon granulated sugar, and ⅛ teaspoon salt; pulse to combine. Spread mixture in a single layer on a baking sheet. Spread coconut flakes in an even layer on another rimmed baking sheet.

2. Place both sheets in oven; bake until coconut is golden, 8 to 10 minutes; and graham-cracker mixture is darker-golden and fragrant, 10 to 12 minutes. Let coconut cool completely (it can be stored in an airtight container up to 1 week). Divide graham-cracker mixture evenly among six 8-ounce glass jars or glasses; gently press to create an even layer (a metal ice cream scoop is great for this). Transfer to refrigerator.

3. Whisk together cornstarch and remaining ¾ cup granulated sugar and ½ teaspoon salt in a medium saucepan. Add egg yolks; whisk to combine. Whisk in coconut milk and half and half; cook over medium-high heat, stirring constantly, until bubbling and thick, about 4 minutes. Continue to boil, whisking constantly, 2 minutes more. Remove from heat; stir in lime zest and juice and sweetened coconut. Add butter; whisk until melted. Transfer pudding to a large heatproof liquid measure with a spout; let cool about 10 minutes. Divide pudding among jars, place a piece of plastic wrap directly on the surface of each (to stop skins from forming), and refrigerate until firm, at least 1½ hours and up to 2 days.

4. Whisk cream and confectioners' sugar until soft peaks form. Dollop mixture on top of puddings and refrigerate, uncovered, up to 1 hour, or serve immediately, topped with toasted coconut and more lime zest.

ACTIVE TIME: 20 MIN. | **TOTAL TIME:** 2 HR. 40 MIN. | **SERVES:** 6

Citrus-Scented Ricotta Fritters

- **1** cup unbleached all-purpose flour
- **2** teaspoons baking powder
- **¼** teaspoon kosher salt (we use Diamond Crystal)
- **1** cup whole-milk ricotta
- **2** large eggs
- **3** tablespoons sugar, plus more for rolling
- **½** teaspoon finely grated lemon zest, plus more for serving (optional)
- **½** teaspoon finely grated orange zest, plus more for serving (optional)
- **1** teaspoon pure vanilla extract
- Vegetable oil, for frying

1. In a large bowl, whisk together flour, baking powder, and salt. In another bowl, whisk together ricotta, eggs, sugar, both zests, and vanilla. Gently fold ricotta mixture into flour mixture until just combined.

2. Meanwhile, heat 2 inches oil in a medium heavy-bottomed pot over medium until a deep-fry

thermometer registers 350°. Set a wire rack inside a rimmed baking sheet.

3. Working in batches, carefully drop heaping tablespoons of dough into oil. Cook, turning once, until puffed and golden, 3 to 4 minutes a batch. Transfer to rack using a spider or slotted spoon. Let cool slightly, then roll in sugar until coated. Sprinkle with more of both zests; serve immediately.

ACTIVE TIME: 15 MIN. | **TOTAL TIME:** 30 MIN.
MAKES: ABOUT 20

Candied-Orange Chocolate-Caramel Tart

CRUST

- **6 ounces chocolate wafer cookies (about 34)**
- **5 tablespoons unsalted butter, melted**
- **2 tablespoons sugar**
- **Pinch of fleur de sel**

CANDIED ORANGE

- **1 orange**
- **½ cup plus 2 tablespoons sugar**

CARAMEL AND GANACHE

- **1 cup heavy cream**
- **4 teaspoons finely grated orange zest**
- **1 cup sugar**
- **¼ teaspoon kosher salt**
- **⅛ teaspoon cream of tartar**
- **6 tablespoons unsalted butter, cut into tablespoons**
- **4 ounces semisweet chocolate, finely chopped**
- **Fleur de sel, for serving**

1. Crust: Preheat oven to 350°. Pulse wafers in a food processor until finely ground. Add butter, sugar, and fleur de sel; pulse until evenly moistened. Press evenly into the bottom and up sides of a 9-inch fluted tart pan with a removable bottom. Bake until firm, 8 to 10 minutes. Transfer to a wire rack; let cool completely.

2. Candied orange: With a vegetable peeler, remove orange zest in strips (leaving white pith behind); finely slice. In a small saucepan, bring ½ cup sugar and ½ cup water to a boil, stirring until sugar has dissolved. Add zest; reduce heat to medium and simmer until tender, about 10 minutes. Remove from heat and strain, reserving syrup (you should have about ½ cup). Transfer zest to a large plate and spread in an even layer; let cool completely. Toss with remaining 2 tablespoons sugar. Zest can be stored up to 1 week in an airtight container at room temperature.

3. Caramel and ganache: Combine cream and orange zest in a saucepan. Bring to a simmer over medium-high heat, then remove from heat, cover, and let steep 1 hour. Strain. Measure 6 tablespoons; refrigerate the rest.

4. Bring reserved orange syrup, sugar, 2 tablespoons water, salt, and cream of tartar to a boil in a small saucepan. Cook, gently swirling pan occasionally, and washing down sides with a wet pastry brush (to prevent crystals from forming), until mixture turns deep amber, 9 to 11 minutes. Remove from heat and slowly add reserved 6 tablespoons infused cream (mixture will bubble and steam). Stir in butter until smooth. Pour caramel into cooled crust; let cool 15 minutes. Refrigerate until firm, at least 4 hours or, covered, up to 2 days.

5. Place chocolate in a medium heatproof bowl. Bring ⅓ cup reserved infused cream (saving any remainder for another use) to a simmer in a small saucepan over medium-high heat. Pour over chocolate and let stand 1 minute, then stir until smooth. Remove tart from refrigerator and spread ganache over caramel to edges with an offset spatula. Return to refrigerator until chocolate is set, about 30 minutes.

6. Remove tart from refrigerator and let stand at room temperature 15 to 30 minutes. Chop 2 tablespoons candied zest and sprinkle over chocolate. Sprinkle with fleur de sel and more chopped candied zest; remove from pan, slice, and serve.

ACTIVE TIME: 45 MIN. | **TOTAL TIME:** 5 HR. 30 MIN., PLUS COOLING | **MAKES:** ONE 9-INCH TART

GOOD THINGS

PAGE 17

FLECKS OF FUN

THE DETAILS: U.S. Artquest perfect paper adhesive, *in Matte, $14 for 7.9 oz., amazon.com.* **Create and Craft terrazzo flakes,** *in Black, Purple, Yellow, and Blue, $10 each for 90 g, createandcraft.com.*

HOW-TO

Bunny Basket

SUPPLIES

Floral wire

Hot-glue gun

Wicker basket

Light or white, coral, and taupe raffia ribbon

Twine

1. Bend one wire into a long oval shape, about 2½ inches wide. Take another piece of wire and fold it over the oval, creating a "spine" along the length of the "ear." Secure with hot glue at the top. If your center wire is a different color than your basket, hot-glue a length of raffia over it to cover. Stick the ends of the wire into the basket near one side of the handle, and secure each with a dot of hot glue. Repeat for the second ear, securing it near the opposite side of the handle.

2. With basket-colored raffia, begin weaving the ear from the bottom, going over one side, under the spine, then over and around the other side, then over the spine, repeating and alternating the over-under weave. For a tighter weave, gently push the raffia down as you go. Continue until you reach the top. Trim any excess raffia, and secure in the back with a dot of hot glue.

3. To make the eyes, weave taupe raffia ribbon in a U-shape through the basket's weave. Trim any excess ribbon, and secure with hot glue inside the basket.

4. To make the nose, weave coral raffia ribbon in a V-shape through the basket's weave, and secure with hot glue inside the basket.

5. Fill basket and tie a twine bow to the top of the handle.

THE DETAILS: Wald Imports 4500/S3 bamboo basket, *in White, $29 for 3;* **Paper Mart Noma round basket** *(similar to shown), $20 for 3, papermart.com.* **Decora 22-gauge, 16-inch floral wire,** *in White, $6 for 50 pieces; and* **Berwick Offray ¼-inch matte raffia ribbon,** *100 yd., in Coral, $12; Oatmeal, $12; Taupe, $10; and White, $11, amazon.com.*

LOVELY IN TRANSLATION

PAGE 74

HOW-TO

Raffia-Wrapped Eggs

SUPPLIES

Natural-colored paper twist (available at crafts stores)

Brown hard-cooked or blown-out eggs

Natural raffia

The Workbook

1. Cut an 8-inch length of paper twist. Unfold and nestle an egg inside. Tie off each end with a 9-inch strip of raffia.

2. Lay another strip of raffia over the egg, vertically or horizontally. Knot the ends at the center, or secure them at either side with raffia ties that are already there. Trim the excess raffia.

THE DETAILS: Paper twist, *in Natural Khaki Tan, $2.75 for 6 yd.; and* **dried raffia,** *in Natural, $1.25 for 2 oz., factorydirectcraft.com.*

HOW-TO

Temari Eggs

SUPPLIES

Craft paint, in assorted colors

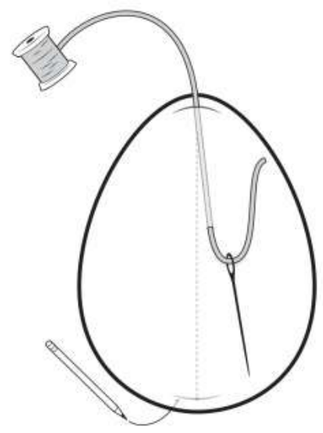
Spun-cotton egg (30, 40, 45, or 60 millimeters)

Sewing supplies

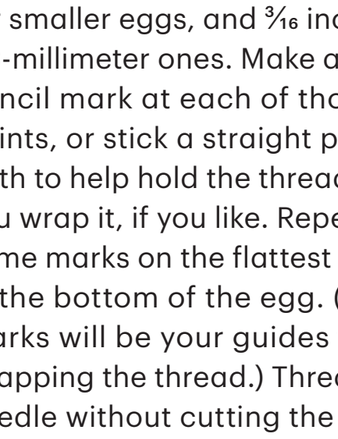
Sashiko thread, in assorted colors

We recommend making a smaller egg first, to get the hang of wrapping the thread, since it's a bit trickier to keep the thread from sliding off the larger, pointier eggs. For the smallest (30-millimeter) eggs, make only a horizontal stripe (see step 6); there's not enough space at the tip for a vertical one.

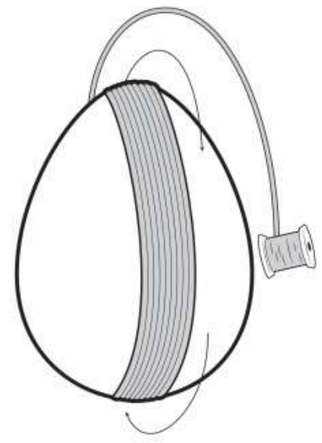
1. Paint one side of egg; let dry. Paint remaining side; let dry.



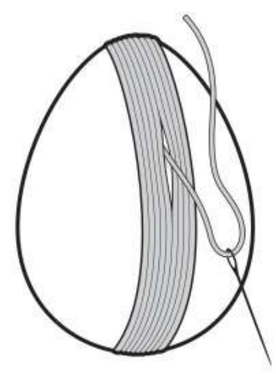
2. Using a pencil, make a mark at the center of the top of the egg, where it is flattest. Measure out ⅛ inch to each side of that mark for smaller eggs, and 3⁄16 inch for 60-millimeter ones. Make another pencil mark at each of those points, or stick a straight pin into both to help hold the thread as you wrap it, if you like. Repeat the same marks on the flattest part of the bottom of the egg. (These marks will be your guides for wrapping the thread.) Thread a needle without cutting the thread off the spool or skein, or knotting it. Push the needle into the egg at one part of the top mark. Picture a straight line running down the side of the egg, from the top center mark to the bottom one; push the needle back out of the egg on that imaginary line, ½ inch below the top center mark. Pull the needle all the way out and slide it off the thread.



3. Knot the loose end of the thread, and trim the excess thread below the knot. Tug the long thread at the top of the egg (end still attached to the spool or skein) to pull the knot until it is flush with the side of the egg.



4. Make a vertical stripe by wrapping the thread tightly around the egg within the guide lines or inside the pins, until the lines and the knot on the side of the egg are covered. As you wrap, hold the thread taut, and lay each band of thread right next to the previous one, taking care not to twist the thread or allow any slack. The thread should feel like it's almost digging into the egg; this will ensure it doesn't slip off. Stop wrapping at the top of the egg. Cut the thread with 2 inches of extra length.



5. Thread the needle with extra length; push it back into the egg, gently pushing the threads of the stripe aside so you can pull it back out ½ inch below the top point, as in step 2. Slide the needle off the thread and tug the thread until it feels secure. Trim the thread flush with the side of the egg, and gently push the threads of the stripe back together. Repeat steps 2 through 5 to make additional vertical stripes.

6. To make a horizontal stripe, find the flattest part of the side of the egg, and draw a pencil mark the same width you used for the vertical stripe. Repeat steps 2 through 5, working horizontally instead.

THE DETAILS: Spun cotton eggs, *30 mm, 40 mm, 45 mm, and 60 mm, from $7.50 for 12, smilemercantile.com.* **Martha Stewart multisurface satin acrylic craft paint,** *in assorted colors, amazon.com.* **Olympus *sashiko* thread,** *in assorted colors, $2.25 for 22 yd., purlsoho.com.*

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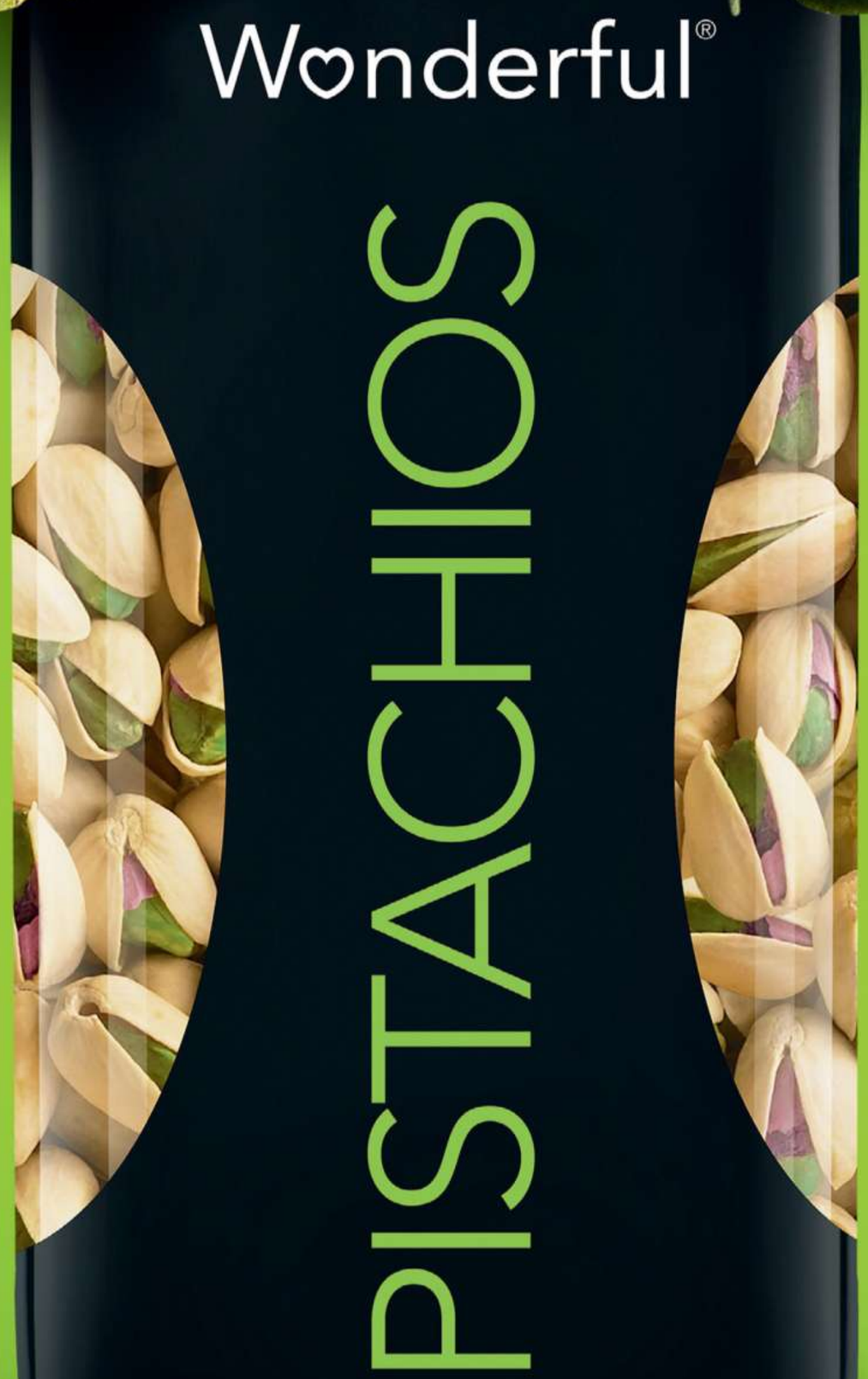

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